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**FRENCH
COOKING
FOR ALL**

by
GASTON VOISIN



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FRENCH
COOKING
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SOUFFLÉ A LA VANILLE (RECIPE 192)

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FRENCH COOKING FOR ALL

By
GASTON VOISIN

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PUBLISHERS' PREFACE

HALF the people in this country know how to cook a meal; yet the humorous papers are filled with jokes based on the crudity of our breakfasts, dinners and suppers. For this there is a reason: eating is too often a monotonous performance. The same dishes are repeated with a regularity that becomes boring, and, as far as many of us are concerned, the days of the week might be re-named "Roast Beef," "Cold Mutton," "Rice Pudding," and so on.

Now, we all know that if a trip is taken to Paris, Brussels, or any other Continental city, not the least enjoyable part of the experience is supplied by the food that is set before us there. The dishes are all different, so that every mouthful is eaten with relish. The menus contain none of the old familiar items, reminiscent of the days when we were scholars in a boarding-school. Each and every one is appetising and novel.

But one cannot stay away from home indefinitely, simply for the sake of eating with enjoyment. However, there is one thing we can do, which is to bring the art of the foreign chef to our own kitchens. That is just what the author

of this book has done. He has collected together all that is best of French cookery, and set it out in a way that will enable the English housewife to prepare some hundreds of attractive dishes that are novel and appetising.

The French recipes remain untouched, but the English comments have been edited slightly, so as to retain the usual simple and somewhat colloquial style.

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SPECIMEN MENU

FRENCH COOKING FOR ALL

CHAPTER I

SAUCES

1. ROUX—*Brown Sauce* (Foundation).

Flour,
Butter,
Stock.

A brown *roux* is made by mixing flour and butter and stirring them over a quick fire until the mixture becomes brown. Stock is then added and stirred until it thickens and becomes quite smooth, but it must not be allowed to boil.

2. SAUCE BLANCHE—*White Sauce* (Foundation).

Butter,
Flour,
Milk.

A white foundation sauce is made by melting a large piece of butter in an enamel pan, stirring in some flour with a wooden spoon until it thickens—about two minutes—and then adding

boiling milk, a little at a time, until the mixture becomes quite thick and creamy.

This sauce may be made in various degrees of thickness, which are determined by the proportions of butter and flour used.

The addition of flavourings produces many variations to suit the different purposes for which the sauce is needed.

Below are given the proportions of the ingredients required to produce white sauce of varying stiffness.

For *Thin White Sauce*.

1 oz. butter,
1 oz. flour,
1 cupful of milk,
Pepper and salt.

For *Medium White Sauce*.

1 oz. butter,
1½ oz. flour,
1 cupful of milk,
Pepper and salt.

For *Thick White Sauce*.

2 oz. butter,
2 oz. flour,
1 cupful of milk,
Pepper and salt.

To produce a perfect sauce the blending of flour, milk, butter and eggs (if they are used)

should be performed in a double saucepan or in one which is stood in a pan of boiling water. This method eliminates all danger of burning.

If care is not taken, sauces are apt to become lumpy. To rectify this, just before serving, pass it through a fine muslin and add a small piece of butter.

3. SAUCE AU BEURRE D'ANCHOIS—

Anchovy Sauce.

Anchovies,
Butter,
Pepper and salt,
Brown stock,
Flour.

Clean and bone some anchovies, chop them very fine and mix with twice their quantity of butter. Add pepper and salt and stir with brown stock. Heat in a saucepan, add enough flour to thicken and stir with a wooden spoon until the mixture becomes smooth and creamy.

Serve hot, with fish.

4. SAUCE BEARNAISE—*Béarnaise Sauce.*

2 shallots,
1 tablespoonful of white vinegar,
1 dessertspoonful of tarragon vinegar,
Pepper, salt and mustard,
1 cupful of white sauce (No. 2),
2 eggs,
1 oz. butter.

Chop the shallots finely, mix with the white and tarragon vinegars, add the pepper, salt and mustard and simmer all together for about a quarter of an hour.

Allow to cool a little, then add some white sauce or cream, the well beaten yolks of two eggs, one at a time, and beat well. Stir again over the fire until the mixture thickens, but do not allow it to boil; add the butter last and stir until it melts.

5. SAUCE BECHAMEL—*Béchamel* or *Cream Sauce*.

$\frac{1}{2}$ pint of milk,
1 small onion,
1 teaspoonful of chopped parsley,
Pepper and salt,
1 oz. butter,
1 tablespoonful of flour,
1 tablespoonful of cream.

Put the milk into a pan, add the onion, parsley, pepper and salt and heat gently. Cream the butter and mix it with the flour. Stir this with the warm milk until it boils; continue for ten minutes. Before serving, strain the sauce and stir in the cream.

Serve with vegetable and made dishes.

6. BEURRE BLANC—*White Butter Sauce.*

1 shallot or small onion,
2 dessertspoonfuls of vinegar,
Butter.

Chop the shallot very finely, mix it with the vinegar and cook slowly until most of the vinegar has evaporated. Then add butter, a little at a time, stirring continuously until the mixture becomes thick. Serve at once. Do not use flour.

To be served with fish.

7. BEURRE NOIR—*Black Butter Sauce.*

2 oz. butter,
2 tablespoonfuls of vinegar,
Salt and pepper.

Put the butter into a frying pan and cook it over the fire until it becomes dark brown; set it aside to cool.

Boil the vinegar with pepper and salt added, to reduce, add to the butter and reheat.

To serve with fish.

8. SAUCE ESPAGNOLE—*Espagnole or Spanish Sauce.*

1 oz. butter,
2 oz. bacon,
1 oz. flour,
1 onion,
1 carrot,
Some mushrooms,
 $\frac{1}{2}$ pint of stock,
2 tomatoes,
2 tablespoonfuls of sherry.
Pepper and salt.

Chop the bacon very small and fry it in the butter; slice the onion, carrot and mushrooms and fry them until they begin to brown. Stir in the flour and cook slowly until the mixture becomes smooth and well browned. Add the stock and leave to simmer for half an hour. Then add one or two tomatoes, cut in halves, and the sherry, and cook for ten minutes more.

Strain, add pepper and salt and reheat before serving.

9. SAUCE A L'HUILE—*French Dressing.*

4 tablespoonfuls of olive oil,
2 tablespoonfuls of vinegar,
 $\frac{1}{2}$ teaspoonful of salt,
 $\frac{1}{4}$ teaspoonful of pepper.

Mix the olive oil with the vinegar, a little at a time. Add the pepper and salt and mix well together.

To serve with salads, cold vegetables, etc.

10. SAUCE HOLLANDAISE—*Hollandaise Sauce.*

4 dessertspoonfuls of vinegar,
Pepper and salt,
Yolks of 3 eggs,
2 oz. butter.

Boil the vinegar, salt and pepper until their bulk is reduced to half. Allow it to cool then add gradually the yolks of the eggs, beaten up, with

the butter, previously melted. Stir over very slow heat until the sauce becomes smooth and thick.

11. SAUCE ITALIENNE—*Italian Sauce.*

1 oz. butter,
4 mushrooms,
2 shallots,
 $\frac{1}{2}$ teaspoonful of chopped parsley,
1 bay leaf,
1 tablespoonful of flour,
1 tumblerful of white wine,
 $\frac{1}{2}$ cupful of stock.

Melt the butter in a stew-pan, add the mushrooms and shallots, chopped finely, one bay leaf and the parsley and cook for a few minutes. Stir in the flour, wine and stock and boil gently until well reduced and thickened. Remove the bay leaf and serve with fish and meat dishes.

12. SAUCE MADERE—*Madeira Sauce.*

White Sauce (No. 2),
Salt and pepper,
1 wineglass of Madeira,
1 wineglassful of vegetable or meat stock.

Prepare some white sauce, stir in the stock and bring to the boil; allow to simmer, stirring until quite smooth, then add the Madeira gradually. Stir over the fire for a few minutes, season with pepper and salt and serve with hot ham or bacon.

13. SAUCE LIEE A LA MAITRE D'HOTEL
—*Maître d'hôtel Sauce.*

2 oz. butter,
1 dessertspoonful of chopped parsley,
Pepper and salt,
1 dessertspoonful of vinegar or lemon
juice.

Melt the butter and stir with it the parsley,
pepper, salt and lemon juice or vinegar.

To serve with fish, eggs or vegetables.

14. SAUCE MAYONNAISE—*Mayonnaise Sauce.*

2 eggs,
Pepper and salt,
 $\frac{1}{2}$ teaspoonful of mustard,
Olive oil,
Vinegar,
1 teaspoonful of brown sugar.

Put the egg yolks in a basin and mix in the
pepper, salt and mustard. Add the olive oil very
gradually, stirring it all the time with a wooden
spoon; when the mixture has become quite
smooth, add half as much vinegar as oil, a
little at a time, and the sugar. Before serving
stir in a little cream or the whites of the eggs,
beaten very stiffly.

Keep very cool.

15. BEURRE FONDU—*Melted Butter.*

1 oz. butter,
Salt and pepper,
Lemon juice or vinegar.

Melt the butter but do not allow it to boil; add the salt and pepper and a few drops of lemon juice or a teaspoonful of vinegar.

16. SAUCE MORNAY—*Mornay Sauce.*

Thin béchamel sauce (No. 5),
1 egg yolk,
Grated cheese,
Pepper and salt,
1 oz. butter.

Beat the yolk of an egg, pour it into a double saucepan, heat slowly and stir with it a teacupful of béchamel sauce, a little at a time. Cook for one minute after it is well mixed. Add one tablespoonful of grated cheese, butter, pepper and salt, and mix well.

17. SAUCE MOUTARDE—*Mustard Sauce.*

White Sauce (No. 2),
Mustard,
Vinegar.

Make a plain white sauce and stir in one dessert-spoonful of mustard; when it has cooled a little add one tablespoonful of vinegar.

18. SAUCE PIQUANTE—*Piquant Sauce.*

2 shallots,
 $\frac{1}{2}$ teacupful of meat stock,
1 teacupful of vinegar,
Salt and pepper,
Capers,
Chopped parsley.

Chop the shallots finely, add the parsley, chopped capers, pepper and salt and boil in the vinegar; then cook gently to reduce. Add the stock and boil again slowly.

Serve with fish or cold meat.

19. SAUCE POULETTE—*Chicken Sauce.*

A thin béchamel sauce (No. 5),

Yolk of 1 egg,

1 dessertspoonful of vinegar.

Put the beaten egg yolk into a double saucepan, stir with it some of the béchamel sauce and heat gently, adding more sauce, a little at a time. Stir in the vinegar gradually and cook for a few minutes until it becomes a smooth cream.

For serving with boiled vegetables and cold chicken dishes.

20. SAUCE SALMIS—*Salmis Sauce*

2 tablespoonfuls of butter,

2 tablespoonfuls of flour,

1 cupful of stock,

2 small onions,

1 bay leaf,

1 lemon,

Parsley,

Pepper and salt.

Melt the butter in a stew-pan, stir in the flour and when it has become free from lumps add gradually the stock; continue stirring over heat until it thickens, then add the onions, bay leaf,

juice of a lemon and some sprigs of parsley. Cover and simmer gently for an hour. Then remove the parsley and bay leaf and season with pepper and salt.

For serving with warmed up slices of meat.

21. SAUCE TARTARE—*Tartare Sauce.*

- 1 tablespoonful of capers,
- 4 spring onions,
- 1 tablespoonful of chopped olives,
- 1 dessertspoonful of lemon juice,
- $\frac{1}{2}$ pint of mayonnaise sauce (No. 14).

Chop the capers, onions and olives as finely as possible and mix with a stiff mayonnaise sauce; add the lemon juice gradually before serving.

22. SAUCE TOMATE—*Tomato Sauce.*

- 6 small tomatoes,
- 2 oz. butter,
- 1 bay leaf,
- 1 onion, finely chopped,
- Water,
- 1 oz. flour,
- 1 cupful of stock,
- Pepper and salt,
- 1 dessertspoonful of sugar.

Boil slowly the tomatoes, onion and bay leaf in half a cupful of water until the tomatoes are tender—about half an hour.

Pass it through a sieve and reheat it. Mix the flour to a paste with a little stock. Add the

rest of the stock to the tomato purée and bring to the boil; stir in the mixed flour, butter, pepper, salt and sugar and cook gently until it thickens. Strain before serving.

23. SAUCE VINAIGRETTE—*Vinegar Sauce.*

4 tablespoonfuls of olive oil,
2 tablespoonfuls of tarragon vinegar,
Pepper and salt,
 $\frac{1}{2}$ teaspoonful of chopped parsley,
 $\frac{1}{2}$ teaspoonful of chopped shallot.

Stir the parsley and shallot with the olive oil, season with pepper and salt and add the tarragon, a little at a time. Mix well and serve with cold asparagus dishes.

CHAPTER II

HORS D'ŒUVRES

ONE of the most charming features of French catering, in our opinion, is the infinite variety of hors d'œuvres which are served as appetizers before luncheon.

The pleasant feeling of anticipation which is experienced as one turns from one little dish to another makes this course the most attractive in the whole meal.

The usual method of serving this course is to place several varieties on a large china or glass tray, which is divided into six, eight or more, compartments or partitions; each hors d'œuvre is arranged separately in its own little division.

The more usual varieties are composed of olives, plain or stuffed, hard-boiled eggs served with mayonnaise, smoked herrings, sardines, beetroots in oil, oysters, tunny fish, etc. All of these can be prepared quickly and are quite appetizing. The more extravagant kinds, such as caviare, pâté de foie gras, smoked salmon, etc., may be obtained already prepared in bottles or tins. Assortments of anchovies, herrings and

olives may also be obtained in shops, ready to be served.

The more economical method of producing these little dishes is to utilize small portions of left-overs, which may be converted into tasty little savouries with the addition of one or two other ingredients. These are usually served cold.

Tiny salads, each in its own little tray or dish, may be made from left-over vegetables, such as cauliflowers, French beans, etc., with a suitable sauce or dressing poured over. Savoury toasts are quickly made by using fancy butters with fried bread croûtons, and so on. Young carrots, boiled beetroots, celery stuffed with cheese, and many other vegetables with a suitable dressing added, may be used as hors d'œuvres when there is not sufficient time to prepare the more complicated delicacies.

24. BEURRE D'EPICE—*Curry Butter.*

$\frac{1}{4}$ lb. butter,
1 teaspoonful of lemon juice,
1 teaspoonful of curry powder.

Mix all well together and use as required.

25. BEURRE D'ANCHOIS—*Anchovy Butter.*

$\frac{1}{4}$ lb. butter,
A pinch of pepper,
1 dessertspoonful of anchovy essence.

Mix all well together in a basin and keep in a cool place until required.

26. BEURRE DE MAITRE D'HOTEL—

Maître d'hôtel Butter.

- 2 oz. butter,
- 3 teaspoonfuls of finely chopped parsley.
- 1 dessertspoonful of lemon juice.

Work the butter and lemon juice together with a fork until the butter becomes creamy, add the parsley and mix it well into the butter. Drain off the superfluous lemon juice and keep the butter and parsley mixture in a cool place until needed.

27. BEURRE DE CREVETTES—*Shrimp Butter.*

- 1 teacupful of picked shrimps,
- 2 oz. butter
- 2 or 3 drops of anchovy essence.

Pound the shrimps to a paste in a mortar, add the butter and anchovy essence, mix thoroughly and stand on one side to become firm.

Before serving, form the shrimp butter into fancy shapes and arrange on tiny pieces of toast cut into various shapes.

28. PAUPIETTES D'ANCHOIS—

Curled Anchovies.

- Anchovies in oil,
- Mayonnaise (No. 14),
- Hard-boiled eggs,
- Lettuce.

Chop the eggs and mix with the mayonnaise

sauce. Arrange the anchovies in curls on a bed of lettuce leaves and fill each curl with the egg and mayonnaise mixture.

29. CANAPES D'ANCHOIS—*Anchovy Canapé.*

Toast,
Anchovies,
Hard-boiled eggs,
Parsley.

Place one or two fillets of anchovy on each round of toast and cover with a layer of chopped hard-boiled egg and parsley.

30. CAROTTES EN MARINADE—

Carrot Salad.

Cold boiled carrots,
Chopped parsley,
French dressing (No. 9),
1 teaspoonful of sugar,
Mustard.

Slice the cold carrots and pile them in little dishes. Prepare some French dressing, add sugar and mustard, mix well and pour over the contents of the dishes. Sprinkle with chopped parsley.

31. ŒUFS A LA RUSSE—*Russian Eggs.*

Hard-boiled eggs,
Sardines,
Mayonnaise (No. 14),
Brown bread and butter,
Tomatoes.

Remove the shells from the eggs and cut them in two across the middle; scoop out the yolks and fill the space with shredded sardines. Mash the yolks, mix with a little mayonnaise and pour this over the mashed sardines.

Trim thin slices of bread and butter into rounds, place a round of tomato on each, and in the centre stand half an egg.

32. SALADE DE POISSON—*Fish Salad.*

Cold boiled fish.
Cold boiled rice,
Mayonnaise (No. 14),
Chopped parsley.

Break up the fish into little flakes, or shred it. Mix with it a little boiled rice and mayonnaise. Heap it into separate small dishes and sprinkle with chopped parsley.

33. CANAPES DE HARENGS—*Smoked Herring.*

1 smoked herring in oil,
Half a beetroot,
Celery,
1 apple,
Cold boiled potatoes,
Toast,
French dressing (No. 9).

Chop very small one smoked herring, half a beetroot, a few small sticks of young celery, an

apple, two cold boiled potatoes; mix well together, add enough French dressing to moisten and serve piled on small pieces of toast.

34. HARENGS A LA LIVONIENNE—

Herring and Vegetable Salad.

4 herring fillets,
1 small beetroot,
2 or 3 sticks of celery,
2 or 3 cold boiled potatoes,
1 large apple,
Pepper and salt,
Mustard,
1 lemon,
Cream.

Cut the herrings and all the vegetables into small dice, add pepper, salt and mustard, one teaspoonful of lemon juice and a little cream. Mix well and serve in little dishes.

35. OLIVES FARCIES—*Stuffed Olives.*

Large olives,
Celery,
Pepper,
Mayonnaise (No. 14).

Remove the stones from the olives. Chop some white celery very small, season with pepper, mix with stiff mayonnaise and fill the olives with the mixture.

36. ANCHOIS ET OLIVES FARCIES—

Stuffed Olives and Anchovies.

Large Spanish olives,
Anchovy butter (No. 25),
Croûtons of fried bread,
2 hard-boiled eggs,
Pepper and salt,
Anchovy fillets.

Soak the olives in water for about half an hour before they are to be prepared. Remove the stones.

Prepare as many fried bread croûtons as there are olives; trim them into rounds.

Cut the eggs in two and scoop out the yolks; press these through a sieve, mix with some anchovy butter, season with pepper and salt and spread some of this mixture on each croûton. Place one olive on each and fill with some more of the mixture. Curl one anchovy fillet round each olive and surround with the white of the eggs, chopped finely.

37. MAYONNAISE PATE DE FOIE GRAS

—Pâté de Foie Gras Mayonnaise.

Young lettuce leaves,
Tomatoes,
Pâté de foie gras,
Mayonnaise (No. 14).

Place a small young lettuce leaf on each little dish, and on it lay a slice of tomato. Make the

pâté de foie gras into small balls, coat each in mayonnaise, and lay on the tomato.

38. POMMES DE TERRE EN SALADE—
Potato Salad.

Cold boiled potatoes,
Mayonnaise (No. 14),
Spring onions,
Parsley,
Hard-boiled eggs.

Chop the onions very fine and mix them with the potatoes, previously sliced. Stir some mayonnaise with this and pile on a dish. Chop the eggs and scatter them, with some chopped parsley, over the potatoes.

39. CANAPES DE SAUMON—
Smoked Salmon.

Croûtons of fried bread,
Smoked salmon,
Cayenne.

Trim the salmon into thin slices, place one slice on a piece of fried bread, of the same shape, and sprinkle with a pinch of cayenne.

40. SARDINES AU BEURRE D'ANCHOIS
—*Sardines with Anchovy Butter.*

Sardines,
Lettuce,
Cucumber,
French dressing (No. 9),
Anchovy Butter (No. 25).

Lay some young lettuce leaves on a dish and on them place the sardines in a regular row. Garnish with slices of cucumber, and small balls of anchovy butter, and pour French dressing over.

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41. TOMATES FARCIES—*Stuffed Tomatoes.*

Small tomatoes,
Celery,
Parsley,
Apple,
Mayonnaise (No. 14).

Cut the tops from some small tomatoes and remove the pips. Make a mixture of celery, apple and parsley, all chopped very finely. Stir in a little mayonnaise.

Stuff the tomatoes with this mixture and heap it on top.

42. LEGUMES EN SALADE—

Vegetable Salad.

Peas,
Beans,
Potatoes,
Carrots,
Salt and pepper,
Parsley,
French dressing (No. 9).

Cook each vegetable separately, taking care that

they do not break. Cut the potatoes and carrots, when cold, into dice about the size of a pea, and mix with the other vegetables. Pile on a flat dish, pour French dressing over and sprinkle with chopped parsley.

CHAPTER III

POTAGES

(Soups)

IN the matter of preparing soups the English housewife does not excel. Indeed, her attempts at producing this course are apt to give the impression that the extent of her efforts ends at mixing some powdered flavouring, purchased ready made, with water, boiling it for a few minutes, and then serving.

On the more fortunate but somewhat rare occasions when the dried flavourings are mixed with stock, or the liquor remains of a previously consumed stew and a few vegetables added, she probably considers that the thing has been done really well.

To the French, however, soup is an essential part of a meal, and very often, among the more humble in station, it is the most important dish and takes the place of your suppers.

Success in the preparation of this course depends most upon the amount of time spent over it. Several hours of slow boiling are needed to produce a good stock, which is the basis of soups.

There are two varieties of stock, meat stock, known to the French as *potages gras*, and vegetable stock, or *potages maigres*.

It is not necessary to purchase meat expressly for the purpose of making *potages gras*. The remains of joints, trimmings, unrequired pieces of meat, gravy, bones, fish or game, if allowed to simmer for several hours, will produce a liquor of sufficient flavour and richness to act as a good soup foundation. This should be strained, after cooking, and be allowed to cool until the next day. All fat will then have settled on the surface and it will be a simple matter to remove it with the aid of a slice.

Vegetable stocks are usually made with carrots, turnips, onions and water. These vegetables should be first cut up small and fried in butter or dripping for a few minutes, then water and salt must be added, and all should be allowed to simmer for two or three hours.

The addition of a few uncooked potatoes, the vegetable remainders of the previous day, some rice or spaghetti and a little seasoning, an hour before the soup is required to be served, will provide a satisfying dish when economy is the order of the day.

Certain vegetable soups are formed by adding milk instead of stock to a vegetable purée; these are usually served with grated cheese,

which is sprinkled on the surface of the soup when it is served.

Never throw away the water in which vegetables, rice, macaroni, etc., are boiled. Any of the liquors may be used as stock for a *potage maigre*.

43. POTAGE AUX TOPINAMBOURS—

Artichoke Soup.

Jerusalem artichokes,
1 lemon,
1 oz. butter,
1 onion,
1 pint of white vegetable stock,
1 tablespoonful of flour,
Milk,
Pepper and salt,
Fried bread croûtons.

Wash and clean the artichokes and put them into cold water; keep them under water while peeling them and put them, one by one, into another bowl of water to which has been added some lemon juice; this will prevent the artichokes from turning a bad colour.

Melt some butter in a pan, remove the artichokes from the water, dry and slice them, and with an onion fry them in the butter for a few minutes. Then add the stock, cover, and boil slowly for nearly an hour.

Remove the artichokes from the pan, press them through a sieve, and return them to the pan.

Mix the flour with a little milk, add it to the liquor and stir and cook for two or three minutes. Season with pepper and salt and serve with croûtons of fried bread.

The addition of one or two tablespoonfuls of cream just before serving is a great improvement.

44. POTAGE CRECY—*Carrot Soup.*

6 large carrots,
Potatoes,
1 onion,
3 pints of water or vegetable stock,
Salt and pepper,
1 oz. butter,
Chopped parsley.

Wash and slice the carrots, two potatoes and one onion; put them into a stew-pan with the water or stock and boil for two hours. Remove the carrots, mash them with a fork and press through a sieve. Return the purée to the liquor in the pan, add pepper and salt and the butter, bring to the boil, then serve with chopped parsley sprinkled on the surface.

45. BOUILLABAISSÉ—*Fish Soup.*

1 quart of fish stock,
Onions,
Carrots,
1 bay leaf,
Parsley,
Pepper and salt,
1 lb. fresh white fish,
Chopped parsley.

If no fish stock is available, prepare it by boiling a large cod's or hake's head in a quart of water for an hour; strain the liquor.

Put the stock into the stew-pan, add one or two chopped onions and carrots, a bay leaf, a sprig of parsley, pepper and salt, and boil for one and a half hours.

Then stir in some fresh white fish, cut into small pieces and boil for ten minutes more. Add a dessertspoonful of chopped parsley just before serving.

46. POTAGE AUX ABATIS—*Giblet Soup.*

The giblets of a goose or turkey,
1 onion,
1 carrot,
A bunch of herbs,
Pepper and salt,
1 oz. of flour,
Butter.

Wash the giblets and boil them in enough water to cover; add the onion and carrot, sliced, the herbs, pepper and salt, and allow to simmer for three or four hours. If necessary, add a little more water.

Remove the herbs and the giblets and keep the latter hot while stirring the flour and butter into the liquor until it thickens. Return the giblets to the soup and reheat and serve together.

47. POTAGE JULIENNE—*Julienne Soup.*

Stock,
3 carrots,
2 sticks of celery,
1 onion,
1 turnip,
Pepper and salt.
1 lump of sugar.

Cut the carrots, celery, onion and turnip into small, thin pieces and fry them in butter until brown, but do not allow them to burn.

Put three pints of stock into a large stew-pan, add the fried vegetables, pepper and salt, and sugar, and boil all slowly for an hour.

48. POTAGE AUX POIREAUX—*Leek Soup.*

6 leeks,
1 oz. butter,
Water,
Vermicelli,
Pepper and salt,
 $\frac{1}{2}$ pint of milk.

Take off the outer skin and roots of the leeks and trim the leaves; wash them well. Slice them thinly, wash in several more waters and leave to drain.

Put the butter into a stew-pan to melt, add the leeks, cover and cook for a quarter of an hour, stirring several times to mix the butter with the leeks; add a quart of water and boil for half an hour.

Break two ounces vermicelli into small pieces

and add it to the contents of the pan; cook for fifteen minutes more. Season to taste with pepper and salt and just before serving stir in half a pint of boiling milk.

49. POTAGE AU LAIT—*Milk Soup.*

2 Spanish onions,
3 sticks of young white celery,
2 oz. butter,
2 tablespoonfuls of rice,
Water,
1 $\frac{1}{2}$ pints of milk,
Pepper and salt,
2 teaspoonfuls of chopped parsley.

Peel the onions and slice them thinly; clean the celery and cut it into small pieces. Put one ounce of butter in a stew-pan, add the onions and celery and simmer gently for a few minutes; stir in the rice, add one pint of water and continue to simmer for an hour. Stir frequently; when the rice is quite tender add boiling milk, pepper and salt and the chopped parsley, and boil again for five minutes. Serve very hot, adding the second ounce of butter just before serving.

50. SOUPE AUX CHOUX—*Cabbage Soup.*

1 cabbage,
1 $\frac{1}{2}$ lb. bacon,
A bunch of herbs,
Pepper and salt,
Haricot beans,
Potatoes.

Soak the haricot beans in water for twelve hours. Trim the cabbage and place it in a large sauce-pan, add the herbs, haricot beans, pepper, salt and the bacon. Cover with water and cook for four hours. One hour before it is required add some peeled potatoes.

Drain off the liquor and serve it as soup, with a few beans, potatoes and a little cabbage.

Place the bacon on a dish, surround it with a border of the haricot beans and cabbage and serve as another course.

51. POTAGE AUX OIGNONS—*Onion Soup.*

3 large onions,
2 oz. butter,
1 quart of water,
3 or 4 rashers of bacon,
Pepper and salt,
 $\frac{1}{2}$ pint of milk,
Grated cheese.

Peel the onions and cut into thin slices. Put the butter into a stew-pan, add the sliced onions, cover and simmer for half an hour; stir frequently. Add the water and bacon and boil for one hour. Strain the soup, add pepper and salt and boil up again. Just before serving stir in half a pint of boiling milk and two tablespoon-fuls of grated cheese.

52. POTAGE PARMENTIER—*Potato Soup.*

2 lb. potatoes,
3 large onions,
Pepper and salt,
3 pints of water,
1 oz. butter,
 $\frac{1}{2}$ pint of milk,
Chopped parsley.

Peel the potatoes and cut them in slices. Put them into a large saucepan, add the onions, peeled, pepper and salt and water, and boil for two hours. Then rub through a sieve.

Return the soup to the saucepan, add the butter, bring to the boil, and stir in the milk, just boiling. Serve very hot with chopped parsley sprinkled on the surface.

53. POT-AU-FEU.

2 lb. of lean beef,
Bones,
Water,
Salt and pepper,
2 or 3 cloves,
2 carrots,
1 turnip,
1 onion,
1 stick of celery,
A bunch of mixed herbs.

Wash the meat and remove any skin or fat. Put it into the pot-au-feu with the bones, add three pints of water and salt. Bring to the boil, then skim and add another half-pint of water. Bring

it again to the boil then add the cloves, vegetables, cut into small pieces, and the herbs. Cover and cook slowly, stirring and skimming frequently, for four hours.

Take out the meat, strain the liquor, reheat it and serve in a tureen. The vegetables from which the soup has been strained may be served on a separate dish.

The meat, if it has been preserved in one piece, may be served as a separate dish.

54. POTAGE AU POTIRON—*Pumpkin Soup.*

A piece of pumpkin,
Water,
1 pint of milk,
Salt,
1 dessertspoonful of butter,
Sugar,
Croûtons,
Chopped parsley.

Take a large slice of pumpkin, between one and two pounds, cut it into thick squares and put it into a saucepan with a pint of water. Cook until tender, then strain off the water, mash the pumpkin and rub it through a sieve or colander.

Stir the milk with the pumpkin purée, add some salt and the butter, and boil for a few minutes. Just before serving add a lump of sugar, sprinkle with chopped parsley, and serve with fried croûtons.

55. POTAGE AU CRESSON—

Watercress Soup.

Watercress,
1 lb. potatoes,
Water,
Salt and pepper,
1 oz. butter,
1 oz. flour,
Fried bread.

Pick the leaves from the stalks of two bunches of watercress, wash them many times, leave to dry, then chop them finely.

Peel the potatoes, cut them into small pieces, place them in cold salted water (about one quart), and boil until tender.

Drain off the water and collect it; pass the potatoes through a sieve.

Melt the butter in a pan and stir in the flour until it becomes quite smooth. Place the pan over a low gas, or to one side of the fire, pour in the potato water, add the potato purée, and boil slowly for about half an hour. Add some pepper and salt and the chopped watercress, and boil for five minutes more. Serve with croûtons of fried bread.



POMMES DE TERRE EN SALADE (RECIPE 38)

[*Photograph by permission of "Good Housekeeping"*]

[*To face page 49*]

CHAPTER IV

POISSONS

(*Fish*)

THE English way with fish is to boil simply and serve with sauce of some suitable kind, to fry in boiling fat, or to bake without any interesting variations. The following recipes are not elaborate, but contain suggestions for more distinctive French methods of serving and cooking fish or remains of cold fish.

56. MORUE—*Salt Cod.*

2 lb. salt cod,
Parsley,
Pepper,
Butter,
Flour,
1 lemon.

Wash the fish and soak it in cold water for twenty-four hours, changing the water three times.

After it has soaked, place the fish in cold water and boil gently for one hour.

Melt one ounce butter in a saucepan, add

pepper, chopped parsley, a little flour and some of the liquor in which the fish was cooked. Stir until it thickens and add the juice of a lemon.

Remove the fish from the pan, place it on a hot dish, pour the sauce over and garnish with sprigs of parsley.

57. ANGUILLES A LA TARTARE—*Fried Eel.*

Eels,
2 eggs,
 $\frac{1}{2}$ cupful of milk,
Parsley,
Sauce tartare (No. 21),
Bread crumbs.

Soak the eels in boiling water. Take a very sharp knife and cut down the back and through the skin round the gills; hold a cloth in the right hand and with it pull off the skin. Cut off the head and draw.

Cut the eel in pieces about three inches long and boil them for fifteen minutes in salted water; leave to cool in the salted water, then drain and dry on a cloth.

Beat two eggs well, add a little milk and dip the pieces of fish in, roll in bread crumbs and fry in deep fat. Drain well and serve on a hot dish with parsley as garnish. Serve with sauce tartare.

58. MULET A LA MAITRE D'HOTEL—

Grey Mullet.

Grey mullet,
Salt,
Butter,
Slices of lemon,
Maître d'hôtel sauce (No. 13).

Draw, clean and dry one large or two or three small fish. Score the sides and rub in a little salt; pour melted butter over the fish and allow it to soak in it until required to be cooked. Grill over a clear fire, allowing eight or ten minutes to each side, the length of time depends on the thickness of the fish.

Serve on a hot dish with slices of lemon as garnish and with maître d'hôte sauce.

59. MAQUEREAUX MARINS—

Soused Mackerel.

Mackerel,
Pepper and salt,
2 cloves,
A bay leaf,
Some peppercorns,
V negar,
Water.

Clean the fish and place in a fire-proof baking-dish, sprinkle with pepper and salt, add the cloves, bay leaf, some peppercorns, and pour over half a pint of vinegar and enough water to cover.

Bake in a slow oven for an hour. Allow the fish to remain in the dish with the liquor for twelve hours before serving.

60. MAQUEREAUX A LA MAITRE
D'HOTEL.

Fresh mackerel,
Chopped parsley,
Butter,
Maître d'hôtel sauce (No. 13).

Clean the fish, split it down the back and remove the bones. Lay the fish in a greased baking-dish and put some pieces of butter in the space from where the backbone was removed. Mix some pepper and salt with chopped parsley and sprinkle it over. Add one or two small pieces of butter and bake in a hot oven.

Serve with maître d'hôtel sauce.

61. SAUMON AU GRATIN.

Cold boiled salmon,
Pepper and salt,
Béchamel sauce (No. 5),
Bread crumbs,
Grated cheese,
Butter.

Remove the bone and skin from some remains of cold salmon. Flake the flesh and season with pepper and salt.

Butter a fire-proof baking-dish, place the fish in

it and cover with béchamel sauce. Add a layer of bread crumbs and another of grated cheese, place a few dabs of butter on the surface and bake in a moderate oven to brown.

62. SOLE A LA COLBERT—*Sole Colbert.*

1 large sole,
1 egg,
Browned bread crumbs,
Flour,
Maître d'hôtel butter (No. 26),
Anchovy sauce (No. 3).

Remove the head from the fish and dust it with flour; cover with beaten egg and sprinkle on both sides with bread crumbs.

Fry until nicely browned in boiling fat.

Slit the fish, after it is cooked, down the centre of the back, ease the flesh away from the bone with a sharp knife and lift out the whole backbone carefully. Fill the space with maître d'hôtel butter. Serve with anchovy sauce.

63. SOLE A LA PORTUGAISE.

1 sole,
2 oz. butter,
Chopped parsley,
1 teaspoonful anchovy essence,
1 onion, chopped,
Tomatoes,
Grated cheese,
Breadcrumbs.

Mix the butter, parsley, anchovy essence and a little onion. Cut the sole open down the centre and separate the flesh from the backbone; stuff the butter, etc., mixture in this space. Butter a baking-dish, lay the fish in it, scatter over it a little chopped onion and cover with sliced tomatoes. Sprinkle the top with grated cheese and bread crumbs, add a few dabs of butter and bake for about twenty minutes in a moderate oven.

64. SOLES AU GRATIN.

Lemon soles,
2 oz. butter,
Mushrooms,
Salt and pepper,
1 teaspoonful of chopped parsley,
 $\frac{1}{2}$ cupful of stock,
 $\frac{1}{2}$ teaspoonful of lemon juice,
Bread crumbs,
1 lemon.

Melt the butter in a fire-proof dish; add the mushrooms, chopped, salt, pepper and parsley. Place the soles in the dish, cover them with another layer of salt, pepper, parsley and mushrooms. Pour the stock over, add the lemon juice, cover with bread crumbs, and pour over a little more melted butter.

Cook in a moderate oven until well browned and serve garnished with slices of lemon.

65. SOLE MAITRE D'HOTEL.

Fillets of lemon sole,
Pepper and salt,
1 oz. butter,
Finely chopped parsley,
1 lemon,
Bread crumbs.

Wash the fillets and dry them well; roll each up separately, place them in a large buttered baking-dish and season with pepper and salt. Cover with buttered paper and bake in a moderate oven for a quarter of an hour.

Mix the parsley into the butter with a fork, add a few drops of lemon juice, pepper and salt. When thoroughly mixed, form it into a slab about half an inch thick and stand in the cool to become firm.

When the fish is cooked sufficiently, place it on a hot dish, sprinkle with browned bread crumbs and on each fillet place a slice of parsley butter.

66. SOLE A LA CREME AUX CHAMPIGNONS—*Sole and Mushrooms.*

1 large sole,
 $\frac{1}{2}$ lb. mushrooms,
Lemon juice,
Pepper and salt,
Butter,
Cream.

Clean, skin and trim the sole. Butter a fire-proof baking-dish, and place the sole in it. Wash the mushrooms, trim and slice them, then place a layer over the fish. Pour over them a dessert-spoonful of lemon juice, add pepper and salt, scatter small pieces of butter on the surface and bake in a moderate oven for thirty minutes, basting frequently. When ready to be served, pour a little cream over the mushrooms and brown under the grill.

67. HOMARD A LA MAYONNAISE—

Lobster Mayonnaise.

1 lobster,
1 lettuce,
Thick mayonnaise (No. 14),
2 hard-boiled eggs.

Remove the flesh from the shell and cut it into equal size pieces; keep the flesh from the claws whole and put it on one side with the coral, for garnishing.

Wash and dry a long lettuce, tearing the outer leaves to shreds and reserving the heart.

Mix the shredded lettuce and cut up lobster with enough mayonnaise to moisten.

Pile this into a deep dish or salad bowl.

Shell and cut into sections the hard-boiled eggs and place them round the edge of the bowl.

Separate the heart of the lettuce and decorate the top of the salad with it and the flesh from the claws. Pour more mayonnaise over.

68. MOULES A LA POULETTE—

Fricassee of Mussels.

Fresh mussels,
1 oz. butter,
1 onion,
1 dessertspoonful of flour,
1 teaspoonful of parsley,
1 cupful of stock,
1 egg,
Pepper and salt,
1 teaspoonful of lemon juice.

Clean and wash the shells thoroughly. Place them in a saucepan without any water and as the heat causes them to open, remove the mussels from the shells.

Melt the butter in a stew-pan, add the onion sliced and fry for a few minutes without browning; stir in the flour until the sauce is smooth, then add the stock and chopped parsley and boil for five minutes. Allow this to cool, then stir in the yolk of an egg, pepper, salt; simmer gently, stirring all the time, until the egg is cooked.

Now add the mussels to reheat and the lemon juice.

Serve on a hot dish and garnish with sprigs of parsley.

69. COQUILLES ST. JACQUES—
Baked Scallops.

Scallops,
White sauce (No. 2),
Bread crumbs,
Chopped parsley,
Butter.

Collect the liquor from the scallops as the shells are opened. Remove the fish from the shells, trim them and wash in several waters. Prepare a thick white sauce and thin it down with the liquor from the shells, adding a little chopped parsley.

Place the scallops in the sauce and stand beside the fire to heat through.

Clean and dry the under-shells, butter them, and sprinkle with bread crumbs. Fill each with the sauce and scallop mixture. Sprinkle with more bread crumbs and chopped parsley, add some small pieces of butter and bake in the oven until brown.

70. HUITRES FRITES—*Fried Oysters.*

Oysters,
2 eggs,
Milk,
Salt and pepper,
Bread crumbs,
Butter.

Mix the eggs, well beaten with a little milk, salt and pepper. Drain the liquor from the oysters,

beard them and dip them separately in the egg mixture; coat each with bread crumbs and fry in butter until golden brown.

71. HUITRES AU LARD FRITES—

Oysters in Batter.

2 tablespoonfuls of flour,
1 egg,
1 dessertspoonful of butter,
Salt,
Oysters,
1 slice of bacon to each oyster,
Lemon,
Parsley.

Mix the flour and salt, add the yolk of one egg and the butter, melted. Beat well, cover and stand on one side for half an hour. Just before it is needed beat the white of the egg stiffly and fold it into the batter.

Roll each oyster in a rasher of bacon and trim the ends of the rolls. Pick up each on a skewer, one at a time. Dip into the batter and fry in deep fat until golden brown, drain well and serve on a hot dish with slices of lemon and sprigs of parsley as garnish.

72. HUITRES GRATINEES—*Baked Oysters.*

Bread crumbs,
Oysters,
Pepper,
Butter.

Remove the oysters from the shells, beard them, and collect the liquor.

Clean the deep shells, well butter the insides, and sprinkle thickly with bread crumbs.

Place one or two oysters in each shell, sprinkle with pepper, and cover with more breadcrumbs. Strain the liquor which was taken from the oysters and pour a little over each. Put a small piece of butter on top and bake in a quick oven for ten to fifteen minutes.

CHAPTER V

VIANDS

(*Beef, Mutton, Veal, etc.*)

IT is not necessary to give here a detailed description of the procedure necessary when it is desired to roast a joint of beef, mutton, etc. The English *do* know how this class of cookery should be carried out.

The following recipes are typical of the various methods of serving joints and fillets, with their attendant garnishes, as prepared for the French table, and are given as suggestions for the occasions when it is desired to vary your everlasting roast sirloin or leg of mutton.

73. BŒUF A LA FLAMANDE—

Beef à la Flamande.

Rib of beef,
Fat bacon,
Lemon juice,
2 carrots,
4 small onions,
2 or 3 cloves,
A bunch of herbs,
Parsley,
Pepper and salt,
1 cupful of white stock.

Remove the bone from the meat, roll it and tie round to keep it firm. Fry some slices of bacon in a pan, add the beef, and fry, turning frequently until it is browned all over; add one tablespoonful of lemon juice, the carrots cut into dice, the onions, cloves, herbs, parsley, pepper and salt. Pour the stock over the contents of the pan, cover and stew slowly for three hours.

When required to serve, remove the meat from the pan, cut it into thin slices, arrange them on a flat dish and surround with the vegetables. Stir half a cupful of water with the liquor in the pan until it boils and strain it over the meat.

74. BŒUF A LA MODE.

Rump of beef,
Bacon,
Pepper and salt,
1 lb. of small carrots,
4 onions,
2 or 3 cloves,
Parsley,
Flour,
Butter.

Select a thick round of rump, about three pounds, lard it with small fingers of fat bacon and tie up with string to keep it firm. Sprinkle well with pepper and salt, and brown it on all sides in a large frying pan containing no fat.

Place the meat in a boiler containing enough

boiling water to cover it, add the carrots and onions (previously fried for ten minutes), the cloves, some sprigs of parsley and more salt and pepper. Allow it to cook slowly beside the fire for four hours. Serve on a hot dish and garnish with little heaps of the carrots and onions. Strain the liquid in which the meat was cooked, thicken with flour and melted butter, and stir it over the fire for a minute or two until it browns; pour it over the meat and serve very hot.

75. FILET AUX CHAMPIGNONS—

Grilled Steak and Mushrooms.

1 or 2 lb. of fillet steak,
Mushrooms,
Butter,
1 cupful of brown sauce (No. 1).

Clean and trim the mushrooms, cut off the stalks and fry in a pan with one ounce of butter. Prepare the brown sauce, add it to the frying mushrooms, and simmer for ten minutes, stirring occasionally.

Trim the steak and grill it under the gas or over a clear fire, turning it when one side is well browned; about ten minutes grilling for each side of the fillet is usually sufficient.

Serve the steak in a dish with the mushrooms round it, and the sauce poured over.

76. FILET A LA SAUCE BEARNAISE—

Fillet of Beef and Béarnaise Sauce.

1 lb. fillet of beef,
1 oz. butter,
Pepper and salt,
Béarnaise sauce (No. 4),
Sprigs of parsley,
Cold mashed potatoes,
Butter,
1 egg yolk.

Melt the butter in a pan over the fire, sprinkle the fillet with pepper and salt on both sides, and fry in the butter for a few minutes on both sides.

Add pepper and salt to the mashed potatoes, stir in a little melted butter and then the beaten yolk of an egg. Stir this over the fire until well mixed and thoroughly hot.

Place the cooked fillet in the centre of a flat dish, surround with a border of potatoes, and pour the béarnaise sauce over the meat. Garnish with sprigs of parsley.

77. FILLET A LA PRINTANIERE—

Fillet of Beef with Peas and Beans.

1 or 2 lb. of fillet steak,
Butter,
Green peas,
French beans,
Béchamel sauce (No. 5),
Pepper and salt.



PÊCHE MELBA (RECIPE 193)

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[Photograph by permission of "Good Housekeeping"]

Prepare the peas and beans separately, drain well, mix them together and stir in some béchamel sauce.

Fry the fillet on both sides in melted butter, season with pepper and salt and serve on a bed of the mixed peas and beans, on a hot dish.

78. GIGOT AUX HARICOTS—

Leg of Mutton, Stewed.

1 leg of mutton,
3 oz. butter,
1 pint of stock,
Pepper and salt,
Chopped parsley,
Thyme,
Bay leaf,
1 oz. flour,
1 lb. haricot beans.

Remove the bone from the leg. Melt the butter in a stew-pan and in it brown the meat on all sides. Add the stock, pepper and salt, parsley, thyme and bay leaf. Cover the stew pan and stew slowly in the oven for five hours.

While the meat is cooking prepare the haricot beans, which must have been soaked in water for twelve hours previously. Boil them for two hours in plain water; when tender, strain them and sprinkle with salt.

Lay them in a large dish, place the meat in the

centre, strain the liquor from the meat, thicken it with flour, and pour it over the meat and haricots.

79. HARICOT DE MOUTON—

Haricot of Mutton.

2 or 3 lbs. of neck of mutton,
3 oz. butter,
2 tablespoonfuls of flour,
1 quart of stock or water,
Pepper and salt,
1 lb. turnips,
2 onions,
1 lb. potatoes.

Trim the superfluous fat from the cutlets and fry them in butter until they are well browned on both sides. Remove the meat from the pan and keep hot. Thicken the fat which is left in the pan by stirring into it the flour, then add the stock or water, stirring all the time. Season with pepper and salt, bring to the boil, then add the cutlets; cover and simmer for one hour. While it is cooking prepare the vegetables. Peel the turnips, cut them into sections and fry in butter; add the onions, sliced, and fry them at the same time.

Place these in the stew and lay the potatoes, peeled and quartered, on the surface. Cover and simmer for another hour, or until the potatoes

are tender. Pile the cutlets in the centre of a large dish, surround with a border of vegetables and pour the liquor which is left in the stew-pan over all.

80. GIGOT DE MOUTON BRAISE—

Braised Leg of Mutton,

A leg of mutton,
2 oz. butter,
2 onions,
4 carrots,
Stock,
Pepper and salt,
Bouquet garni,
Flour.

Bone and roll the leg of mutton. Melt the butter in a stew pan and brown the mutton in it for about twenty minutes.

Slice the onions and carrots, put them into a casserole with the stock. Add pepper and salt and bouquet garni. Lay the meat in the casserole, cover and cook slowly in the oven for three hours. Then remove the bouquet garni and the meat.

Keep the meat hot while a tablespoonful of flour is stirred into the liquor and heated until it thickens. Place the meat on a hot dish, pour the sauce over and surround with the vegetables.

81. VEAU A LA POULETTE—

Veal à la Poulette.

Breast of veal,
2 oz. butter,
1 $\frac{1}{2}$ oz. flour,
1 pint of stock,
Pepper and salt,
1 egg,
Some small onions.

Cut the meat into small slices, not too thin.

Melt the butter in a stew-pan and stir in the flour; do not allow it to brown. When mixed to a smooth paste stir in the stock until it boils, then add the meat, pepper and salt; cover and allow to simmer for an hour. Then put in some small onions and cook gently for another hour, or until the onions are cooked through. Place the meat in the centre of a dish with the onions round. Add the yolk of an egg to the liquor in the pan, stir until it thickens and pour it over the meat.

82. BLANQUETTE DE VEAU—

Fillet of Veal in Gravy.

Fillet of veal,
Flour,
2 oz. butter,
1 gill of stock,
Pepper and salt,
2 or 3 cloves,
1 bay leaf,
Small potatoes.

Select a piece of fillet which is not very thick and coat it with flour. Melt the butter in a large frying pan and fry the veal in it until well browned on both sides. Put the meat and melted butter into a stew-pan, add the stock, pepper, salt, cloves and a bay leaf. Peel the potatoes and place them round the meat. Cover and simmer for one and a half hours.

When required to be served, remove the meat from the pan, slice it thinly and lay on a large dish. Serve the potatoes separately. Pour a little water into the pan, heat it, stir well and strain it over the meat.

83. FILET DE VEAU AUX CHAMPIGNONS—*Stuffed Veal.*

- 1 large thin veal cutlet, about 1 lb.,
- 2 hard-boiled eggs,
- 3 oz. sausage meat,
- $\frac{1}{2}$ lb. bacon in rashers,
- Pepper and salt,
- 2 oz. butter,
- $\frac{1}{2}$ pint of stock,
- $\frac{1}{2}$ lb. mushrooms.

Beat the veal to make it tender. Lay it flat and spread with a layer of sausage meat. Remove the shell from the eggs, slice them and arrange flat on the sausage meat. Over these lay the rashers, and sprinkle with a little pepper.

Roll the meat into a long sausage, tie securely

in two or three places. Put the butter in a large stew-pan and melt it, then fry the meat in it until brown on all sides. Add the stock, pepper and salt, cover the pan, and simmer from one and a half to two hours, turning the meat occasionally. When it has cooked for an hour add the mushrooms and cover until they are cooked.

Untie the veal before serving, place it on a large dish, pile the mushrooms round it and pour the gravy in which it has been cooked over the roll.

84. VEAU BRAISE A L'ITALIENNE—

Grenadins of Veal.

1 lb. fillet of veal,
1 onion,
1 carrot,
1 turnip,
4 rashers of bacon,
Pepper and salt,
2 oz. butter,
 $\frac{1}{2}$ gill of white wine,
A small bunch of herbs,
White stock,
Italian sauce (No. 11),
Creamed potatoes (No. 161),
Parsley,

Turnips and carrots cooked separately.
Cut the veal into strips about half an inch thick and two or three inches wide.

Prepare the vegetables and slice them. Cut the bacon into dice. Melt the butter in a casserole add the vegetables, pepper, salt, wine, herbs and enough stock to cover. Place the veal in the casserole, add one or two rashers of bacon, cover and cook in a moderate oven for about one hour. Baste frequently and add more stock if necessary.

Remove the meat from the casserole and keep it hot until required. Boil the liquid in the casserole until it is considerably reduced.

Cut the carrot and turnip into dice and pile in the centre of a large dish, surround with creamed potatoes, arrange the slices of veal on the potato surround and pour the reduced gravy over the meat. Garnish with sprigs of parsley and serve with Italian sauce.

85. ESCALOPES DE VEAU A LA NEAPOLITAINE—*Veal Cutlets Neapolitaine.*

Veal cutlet,
1 egg,
Bread crumbs,
Grated cheese,
3 oz. butter,
Spaghetti,
Tomato sauce (No. 22).

Trim the veal into small cutlets, dip them first into a beaten egg, then roll them in bread crumbs and cover on both sides with grated cheese.

Boil some spaghetti until tender, drain and heat in a frying pan with some butter, tomato sauce and one tablespoonful of grated cheese. Keep hot until required.

Melt two ounces of butter in a frying pan and in it fry the cutlets until browned on both sides. Drain.

Put the prepared spaghetti on a hot dish and arrange the cutlets on it. Pour tomato sauce round the spaghetti.

86. ESCALOPES DE FOIE DE VEAU—

Liver Cutlets.

Calf's liver,
Flour,
1 egg,
Bread crumbs,
Butter,
Chopped parsley,
Lemon.

Trim the liver into the shape of cutlets, flour them, dip in beaten egg and coat with bread crumbs.

Melt some butter in a frying pan and in it cook the liver until well browned.

Arrange the cutlets on a hot dish, pour over some melted butter, sprinkle with chopped parsley and garnish with slices of lemon.

87. FOIE DE VEAU SAUTE—

Fried Calf's Liver.

Liver,
Pepper and salt,
Butter,
Mushrooms,
Chopped parsley,
1 onion,
1 gill of stock,
 $\frac{1}{2}$ gill of white wine,
Flour.

Cut the liver into thin slices, season with pepper and salt and flour them.

Melt some butter in a stew-pan and in it fry the liver on both sides; then remove it and keep hot in the oven.

Peel and wash the mushrooms, slice the onion, add the chopped parsley and fry in the remains of the butter, to which is added the stock and white wine. Thicken the sauce with a tablespoonful of flour, replace the liver in the sauce for a few minutes, then arrange it on a flat hot dish and pour the sauce over.

88. RIS DE VEAU—*Sweetbreads.*

Sweetbreads must be put to soak in cold water for an hour; they must then be drained and put into salted water to cook gently for twenty minutes. Do not allow them to remain in the hot

water, but plunge them into a bowl of cold, in which they must be kept until required for further treatment.

These preliminaries must always be made when preparing sweetbreads, no matter what method of serving them is intended.

89. RIS DE VEAU AU FROMAGE—

Sweetbreads on Toast

Sweetbreads,
3 oz. butter,
Toast,
Grated cheese,
Pepper and salt,
2 tablespoonfuls of cream.

Prepare the sweetbreads as mentioned above, drain and dry them, cut them into four and fry them in butter for five minutes. Arrange rounds of toast in a large baking-dish, cover each with grated cheese which has been seasoned with pepper and salt, and place a portion of sweetbread on each.

Pour the cream into the dish, cover and bake in a moderate oven for fifteen minutes.

90. RIS DE VEAU A LA POULETTE—

Sweetbreads en Casserole.

Calves' sweetbreads,
1 oz. butter,
1 tablespoonful of flour,
Pepper and salt,
Parsley,
1 cupful of water or stock,
1 onion,
A few mushrooms,
Tomato sauce (No. 22).

Boil and trim the sweetbreads.

Melt some butter in a stew-pan or casserole, add the onion and mushrooms, cut small, pepper, salt and parsley. Place the prepared sweetbreads on this layer of vegetables, etc., sprinkle flour over, add the water or stock, cover and cook in a moderate oven for about three-quarters of an hour.

Serve with tomato sauce.

91. CROUSTADE DE ROGNON—

Kidney Croustade.

Sheep's kidneys,
1 onion,
1 oz. butter,
1 gill brown sauce (No. 1),
Stale bread,
Milk,
1 egg,
Bread crumbs,
Pepper and salt,
Parsley.

Skin the kidneys, remove the cores, and slice thinly; cut each slice into pieces.

Chop the onion and fry it in butter, add the chopped kidneys and fry for five minutes, turning frequently.

Heat the brown sauce, pour it over the kidneys and allow to stand beside the fire for five minutes without boiling.

Cut some stale bread into slices two inches thick, allowing one to each person; trim them into rounds and scoop out a hollow at the centre. This is to be filled with the chopped kidney.

Moisten each slice with milk, dip into beaten egg, and cover with bread crumbs; then fry in boiling fat until a golden brown; drain well. Stir some pepper and salt into the brown sauce and the kidneys.

Fill each hollow in the fried bread with the minced kidney, draining off any superfluous sauce. Arrange the slices on a hot dish and garnish with parsley.

92. JAMBON EN CASSEROLE—

Ham en Casserole.

Ham,
Spaghetti, boiled previously,
Onions,
Potatoes,
Pepper and salt,
Grated cheese,
Milk.

Boil the spaghetti until tender and leave to drain. Place a thick slice of ham in a casserole, pour a layer of cooked spaghetti over it, cover with sliced onions and sprinkle with pepper and salt.

Peel the potatoes and slice them thinly; place a layer of these on the seasoned onions. Fill the casserole with these layers and arrange for the last one to be potatoes; sprinkle grated cheese over, cover with milk, and bake in the oven very slowly for three hours. Serve in the casserole.

93. TRIPE A LA NIÇOISES—

Tripe in Casserole.

Tripe,
6 onions,
3 carrots,
1 oz. butter,
Pepper and salt,
1 pint of stock,
 $\frac{1}{2}$ pint of white wine.

Melt the butter in a casserole. Slice the carrots and onions and fry them in the butter until brown. Cut the tripe into pieces about two inches square; add it to the onions and butter in the casserole with pepper and salt to taste; stir in the stock and wine. Cover closely and cook either in a slow oven or over low gas, for four or five hours.

Serve in the casserole.

RECHAUFFEES AND METHODS OF DISPOSING OF MEAT REMAINS

“Never eat twice-cooked meat” is a slogan of food experts which we hear oft repeated. Does that mean that one should never touch a meat pie, even if it is made at home? Or meat patties, or rissoles?

No matter how carefully the supplies of meat may be estimated, it is most difficult to avoid a certain amount of waste, unless, of course, one errs in the other direction and never has enough to go round. The little bits of left-over that are not sufficient for another cold meal, if allowed to accumulate for a week, will almost amount to the bulk of a joint in a medium sized household. And if the principle of making use of twice cooked meat is taboo, then all this must be treated as waste and will be the cause of despair in the mind of an economical French housewife.

The following recipes are a few suggestions as to various means of disposing of surplus meat.

94. BŒUF MIROTON—*Beef Rechauffé.*

Cold cooked beef,
1 lb. onions,
2 rashers of bacon,
Pepper and salt,
Parsley,
Butter,
 $\frac{1}{2}$ cupful of gravy,
1 tablespoonful of vinegar,
Creamed Potatoes (No. 161).

Cut the meat into slices as thin as possible.

Chop the bacon very finely and fry it with a little butter and the onions, also chopped. Add pepper and salt and some chopped parsley.

Place a layer of sliced meat in a greased baking-dish, cover with the fried onion and add another layer of meat and more onion.

Mix the gravy and vinegar, heat it and pour over the layers in the dish. Cover and bake for twenty minutes.

Turn on to a flat dish and serve with a surround of creamed potatoes.

95. BŒUF A LA MAITRE D'HOTEL—

Beef à la Maître d'Hôtel.

Cold beef,
Maître d'hôtel butter (No. 26),
Pepper and salt,
1 gill of gravy,
2 tablespoonfuls of bread crumbs.

Cut the meat into slices as thinly as possible. Mix

pepper and salt with the prepared butter, spread each slice of meat with it and arrange them in layers in a buttered baking-dish. Warm the gravy, pour it over the meat, and sprinkle the surface with bread crumbs.

Place in a warm oven to heat through—about ten minutes.

96. BŒUF AU RIZ A LA MENAGERE—

Beef Rechauffé with Rice.

3 tablespoonfuls of rice,

Cold cooked beef,

1 oz. butter,

1 small onion,

3 small tomatoes,

1 oz. flour,

$\frac{1}{2}$ pint of stock or gravy,

Pepper and salt.

Prepare the rice first by boiling it in water until tender and setting in a shaped mould; cover and keep hot.

Slice the onion and tomatoes and fry in butter until the onions have browned. Stir in the flour and add the stock a little at a time, stirring well; cook for two or three minutes, add pepper and salt. Cut the meat into very thin slices and lay them in this sauce; heat it gently beside the fire for about fifteen minutes, but do not allow it to boil. When ready turn out the rice shape on to a hot dish, lay the slices of meat round the rice and pour the sauce over.

97. PATE DE BŒUF—*Meat Patty.*

Scraps of cooked meat,
Ham,
1 onion,
Pepper and salt,
2 eggs,
Pastry,
Gravy.

Select the best pieces from the scraps of meat and ham and put them through a mincer. Peel the onion and mince it. Mix the onion with the meat, add pepper and salt and stir in the yolks of two eggs, to bind it. Beat the egg whites to a stiff froth and fold them in with the meat, etc.

Line a piedish with pastry, fill with the minced meat and cover with a lid of pastry; make holes in the top with a knife. Decorate with small pieces of pastry and brush over with white of egg. Bake for three-quarters of an hour. Serve with gravy.

98. MOUSSE DE JAMBON—*Mousse of Ham.*

Scraps of ham,
3 tablespoonfuls of browned bread
crumbs,
1 teacupful of stock,
Pepper and salt,
Chopped parsley,
2 eggs,
Tomato sauce (No. 22).

Mince the meat. Mix the breadcrumbs with the stock and add the minced meat. Add pepper and salt, a dessertspoonful of chopped parsley, and bind with the beaten yolks of two eggs. Beat the egg whites very stiffly and fold them in last. Butter the sides of a mould, coat it with bread crumbs and fill with the mixture.

Stand the mould in a bowl or tin of water and bake in the oven for three-quarters of an hour. To serve, turn it out of the mould on to a hot dish and serve with tomato sauce poured over it.

99. CANNELON DE BŒUF—*Cannelon of Beef.*

1 lb. of underdone beef,
 $\frac{1}{2}$ lb. ham,
1 teaspoonful of chopped parsley,
Mixed herbs,
Tomatoes,
Butter,
1 onion,
2 eggs,
Pepper and salt,
Tomato sauce (No. 22).

Slice and fry the onion in a little butter.

Mince the beef and ham, add the parsley, herbs, onion, pepper, salt, and three tomatoes, cut up small. Beat the eggs and mix them into the meat mixture; form into a roll, cover in buttered paper and bake for one hour in a

moderate oven. Bake four or five small tomatoes in the oven with a little butter added.

Turn the cannelon on to a hot dish, pour tomato sauce over and serve with the tomatoes as a garnish.

100. SALMIS DE BŒUF OU DE MOUTON—

Ragoût of Cold Meat.

Cold lamb, mutton, beef, etc.,
3 onions,
2 oz. butter,
2 dessertspoonfuls of flour,
 $\frac{1}{2}$ pint of stock,
Pepper and salt,
Vinegar.

Melt the butter in a frying pan, add the onions, sliced, and fry gently until they brown. Add the flour and stir until the mixture is thick. Add the stock, pepper, salt, and stir well. Allow to simmer gently until the onions are done. Then add the cold meat in thin slices. Stir well, then draw it to one side away from direct heat, to allow the meat to warm through. Arrange the slices of meat on a hot dish, and over it pour the liquid, to which has been added a little vinegar.

101. BLANQUETTE DE VEAU—

Blanquette of Veal.

Cold roast veal,
2 oz. butter,
1 oz. flour,
Hot water,
Pepper and salt,
2 eggs,
Chopped parsley.

Cut the meat into thin slices.

Melt the butter in a stew-pan and stir in the flour until it is smooth, but do not allow it to brown. Stir in a little hot water, to form a thick gravy; season with pepper and salt and boil for two minutes. Draw it to the side of the fire, add the slices of meat, and cook gently for about ten minutes, to allow the meat to heat through.

Place the meat slices on a hot dish and keep warm in the oven. Beat up the yolks of two eggs, stir them into the gravy, and heat over the fire until the eggs thicken.

Sprinkle in some chopped parsley and pour it over the meat on the dish.

CHAPTER VI

VOLAILLE ET GIBIER

(Poultry and Game)

102. POULET A L'AMERICAINE—

Chicken à l'Américaine.

1 boiled chicken,
Egg,
Bread crumbs,
Carrots,
Peas,
Sauce Hollandaise (No. 10),
1 teaspoonful of chopped parsley.

Cut the chicken into small joints. Coat each piece with egg and bread crumbs and fry to a golden brown in deep fat.

Boil the carrots and peas separately. Prepare the sauce hollandaise and add to it the chopped parsley, just before serving.

Arrange the pieces of chicken in the centre of a dish, surround it with the cooked vegetables and pour the sauce over.

103. POULET AUX CHAMPIGNONS—

Chicken en Casserole with Mushrooms.

1 chicken,
 $\frac{1}{2}$ lb. mushrooms,
2 oz. butter,
Pepper and salt,
1 onion,
2 or 3 rashers of bacon.

Peel and wash the mushrooms and if large, break them up; put them into the casserole with one ounce of butter, and sprinkle with pepper and salt. Peel and slice the onion and add it to the contents of the casserole. Fry for ten minutes.

Joint the chicken and put it in the casserole with the bacon, chopped. Put the remainder of the butter on the chicken, cover and cook in a moderate oven until the bird is tender. Strain the gravy before serving.

104. POULET AUX OIGNONS—

Chicken en Casserole with Onions.

1 chicken,
3 or 4 rashers of bacon,
2 oz. butter,
1 oz. flour,
Stock,
Button onions,
Espagnole sauce (No. 8).

Truss the chicken. Cut the bacon into small pieces. Melt the butter in the casserole, add the bacon, and fry.

Remove the bacon from the casserole and in the same butter, to which it will be necessary to add more, fry the chicken until lightly browned all over. Take the chicken out of the casserole, stir some flour with the butter until it becomes thick and smooth, and add half a pint of stock.

Return the chicken to the casserole, add about a dozen button onions and cook slowly in the oven or over a low gas for about one hour. Serve on a large dish with the onions as garnish and Espagnole sauce poured over.

105. POULET-AU-POT—*Chicken en Casserole.*

$\frac{1}{4}$ lb. bacon,
1 oz butter,
Onions,
Potatoes,
Mushrooms,
Pepper and salt,
1 chicken,
Tomatoes.

Cut the bacon into small pieces; melt the butter in a saucepan and add the bacon; fry until it is brown.

Add several small peeled onions, some mushrooms, tomatoes and small potatoes; sprinkle with pepper and salt; place the chicken in the centre, add some stock, and cook gently for about an hour and a half.

106. POULET A LA MARENGO—

Chicken Marengo.

1 chicken,
1 oz. butter,
2 or 3 slices of fat bacon,
Salt and pepper,
Onions,
1 bay leaf,
Parsley,
3 or 4 tomatoes,
1 tablespoonful of flour,
Stock.

Cut up the fowl and place it in a large stew-pan or casserole with the butter and chopped bacon; cook gently until the pieces of chicken are browned on all sides. Then add salt and pepper, a few small onions, a bay leaf, a bunch of parsley and the tomatoes cut into quarters; cover and cook in the oven for about an hour and a half. Remove the fowl from the pan and keep it hot while the flour is stirred with the liquor in the pan until it becomes thick and brown; then add a little stock and stir for five minutes more.

Place the pieces of chicken in the centre of a flat dish and pour the thickened sauce over.

107. SOUFFLE DE POULET—*Chicken Soufflé.*

Remnants of cold chicken,
Bacon,
Parsley,

2 eggs,
Pepper and salt,
4 tablespoonfuls of thick white sauce
(No. 2),
Bread crumbs,
Butter.

Chop the chicken, bacon and parsley very finely and pound it in a mortar. Beat well the yolks of two eggs, mix with the white sauce, and add to the pounded chicken with pepper and salt.

Prepare several china soufflé moulds, or one large one, by buttering well and lining with breadcrumbs.

Beat up the egg whites very stiffly and fold them into the chicken mixture. Pour in the mould or moulds, taking care that they are not more than three-quarters full. Bake in an oven until well risen and nicely browned—about fifteen minutes.

Turn out and serve at once with white sauce and garnish with parsley.

108—COQ DE BRUYERE ROTI—*Roast Grouse.*

1 grouse,
Butter,
Pepper and salt,
Toast,
Mushrooms.

Put a lump of butter—about two ounces—inside the bird and roast it for about half an hour

basting frequently. Boil the liver, chop it very finely, mix with a little melted butter and season with pepper and salt.

Prepare some rounds of toast and spread these with the chopped liver.

Place the toast on a hot dish, rest the roasted grouse on them, and garnish with mushrooms previously fried in a little butter.

109. PERDRIX AUX CHOUX—

Partridge with cabbage.

Partridge,
 $\frac{1}{2}$ lb. bacon,
 $\frac{1}{2}$ lb. carrots,
1 oz. butter,
1 oz. flour,
1 small cabbage,
Bunch of herbs,
1 onion,
Pepper and salt,
Stock,
Dripping.

Young birds need not be used for this dish. Truss them as for boiling.

Cut the bacon and carrots into dice. Put them into a casserole with the butter and fry for a few minutes; stir in the flour until it thickens and browns. Place the partridges in the thickened sauce.

Wash and cut up a small cabbage and put it

into the casserole with the partridges, add a bunch of herbs and an onion and sprinkle in pepper and salt.

Add half a pint of stock, put some small lumps of dripping or butter on the birds, cover, and simmer for two or three hours.

When serving, make a bed of the cooked cabbage on a dish and place the birds on it. Garnish with the carrots and pour the remaining liquor over the cabbage.

110. FAISAN ROTI—*Roast Pheasant.*

A pheasant,
Steak,
Bacon.

Place a small piece of steak inside the bird to make gravy. Lay some rashers of bacon across the breast and roast in the same way as a chicken for about forty minutes.

111. SALMIS DE FAISAN—*Salmis of Pheasant.*

Remains of a roast pheasant,
Pepper and salt,
1 gill of white wine,
Croûtons of fried bread.

Trim the flesh from the bones of a cold roast pheasant and cut them into pieces.

Chop the liver very fine or mince it, season with pepper and salt and add some white wine.

Boil together in a stew-pan for ten minutes, add the pieces of pheasant and stand by the fire until the pheasant is heated through. Turn on to a dish and serve with fried bread croûtons.

112. SALMIS DE CANARD—

Salmis of Wild Duck.

Remains of a cooked wild duck,
1 bay leaf,
1 onion,
Stock,
1 oz. butter,
1 oz. flour,
1 lemon,
1 wineglassful of red wine,
Salt and pepper.

Cut the duck into pieces. Put the bones, trimmings, a bay leaf and a small onion, into a stew-pan, cover with stock and cook slowly in the oven for one and a half hours, then strain.

Melt the butter in a frying pan and stir in the flour until it thickens and browns, add the strained sauce and bring to the boil. Add the juice of half a lemon, the wine, salt and pepper and the pieces of duck. Cover and stand beside the fire to heat through; do not allow it to boil again.

Arrange the pieces of duck in the centre of a dish, pour the sauce over it and serve.

113. ABATIS DE VOLAILLE EN RAGOUT

—*Chicken Liver Ragoût.*

Chicken livers,
Stock,
Juice of two lemons,
Pepper and salt,
Parsley,
1 dessertspoonful of flour,
Toast.

Place the livers in a pan of hot water and boil for two minutes, then remove the pan from the fire and drain off the water.

Put the livers in a stew-pan, pour over them the lemon juice, add enough stock to cover well, pepper, salt and some parsley tied in a bunch. Boil slowly for one hour.

Remove the liver from the liquid and arrange tidily on a hot dish. Mix the flour to a smooth paste with a little water, boil up the liquid of the stew again and add the mixed flour, stirring until it thickens. Pour this over the liver and serve with parsley and toast as a garnish.

CHAPTER VII

SALADES

(Salads)

SALADS as prepared by my French friends are the admiration of the Englishman when in France, and it is only those blessed with a special gift who can hope to produce the perfect salad, or to blend the ingredients so that the French standard is achieved or even approached.

One or two hints may be useful.

Always use the best oil, olive for preference, also the best vinegar—tarragon—if the more refined foreign kinds are not available. Lemon juice may be used as a substitute if it is not advisable to use vinegar.

The offensiveness of the smell of an onion may be very much reduced, but its flavour retained, if the inside of the salad bowl is rubbed well with a sliced spring onion before the other ingredients are added. No onions need then be included in the ingredients.

Oil and vinegar, that is, two portions of oil to one of vinegar, should be placed first in the bowl, with the chopped herbs and seasonings.

These should be allowed to stand for a short time and then the green shredded salad should be placed above. Do not stir these ingredients, but shake the bowl gently in order that the dressing and herbs should come in contact with the lettuce. Just before serving, pour on more oil and a very small quantity of vinegar.

Add a suitable garnish—either eggs, tomatoes, beetroots, and so on, last. A hard-boiled yolk, pressed through a sieve and scattered over the surface, gives a final touch to a dish which should always appear alluring to the eye.

114. MARRONS EN SALADE—

Chestnut Salad.

Chestnuts,
1 onion,
Mayonnaise (No. 14),
Celery,
1 lettuce,
Olive oil,
Vinegar,
Tomatoes.

Remove the skins from the chestnuts and boil them in water with one onion until tender; do not cook them to a mash; remove the onion, drain and allow to cool.

Slice the chestnuts, mix them with some mayonnaise, chop one or two sticks of celery and shred the lettuce; mix all together.

Heap this in a salad bowl, pour a little olive oil and vinegar over and surround with a border of tomatoes cut in sections.

115. CHICOREE EN SALADE—*Endive Salad.*

Endives,
Tomatoes,
Grated Gruyère cheese,

Pick off the outer leaves; wash the white leaves well, shake, dry and place in a prepared bowl. Garnish with slices of tomato and scatter grated cheese over the surface.

116. CELERI EN SALADE—*Celery Salad.*

Celery,
French dressing (No. 9),
Grated cheese.

Wash the best parts of a head of celery, cut it into short lengths and cut again, the other way, into thin straws. Place in a bowl containing a French dressing, and sprinkle with grated cheese.

117. POMMES DE TERRE EN SALADE—

Potato Salad.

Cold boiled potatoes,
Olive oil,
White vinegar,
Thick mayonnaise sauce (No. 14),
Hard-boiled eggs,
Shrimps,
Radishes.

Cut the potatoes into dice, spread them in a shallow dish and soak in a mixture of olive oil and white vinegar, using two parts of oil to one of vinegar.

Pile the soaked potatoes high in the centre of a dish, cover with thick mayonnaise, garnish with borders of sliced hard-boiled eggs, shelled shrimps and sliced radishes.

118. VOLAILLE EN SALADE—*Game Salad.*

Cold roast game or poultry,
Pepper and salt,
1 lemon,
1 bay leaf,
2 tablespoonfuls of olive oil,
1 dessertspoonful of vinegar,
1 dessertspoonful of lemon juice,
1 lettuce,
1 hard-boiled egg,
1 beetroot,
Mayonnaise (No. 14).

Take out all the bones from the meat and cut it into small pieces.

Put the meat into a large dish, sprinkle with pepper and salt, add two or three slices of lemon and a bay leaf, and pour over the olive oil, lemon juice and vinegar. Allow it to stand for three hours and stir occasionally.

Wash the lettuce and leave to drain.

Place a layer of shredded lettuce in a salad

bowl, add a layer of the seasoned meat and another layer of lettuce alternately until the bowl is filled, arranging meat for the last layer. Pour some mayonnaise over and garnish with sliced beetroot and hard-boiled eggs.

119. BETTERAVES EN SALAD—

Beetroot Salad.

Beetroots,
Hard-boiled eggs,
Spring onions,
French dressing (No. 9).

Peel and slice the beetroot and chop finely the onions. Shell the eggs and slice them.

Fill a salad bowl with alternate layers of beetroot and egg, covering each with a sprinkling of chopped onions.

Pour the French dressing over.

120. TOMATES EN SALADE—*Tomato Salad.*

Tomatoes,
Onions,
Salt and pepper,
Vinegar,
Chopped parsley,
Mustard,
Olive oil.

Plunge the tomatoes into boiling water for a minute; remove the skins and pips and slice them. Slice the onions.

Place alternate layers of tomatoes and onions in a salad bowl, sprinkle each lightly with pepper, salt, chopped parsley and mustard, and soak in vinegar for two or three hours.

When required to be served, cover the surface with olive oil.

CHAPTER VIII

LÉGUMES (*Vegetables*)

THE usual English method of cooking vegetables is to boil them in water, thereby depriving them of a great part of their flavour and most nourishing properties.

By our French method of cooking, which is to use as little water as possible, their food values are retained and the dishes are more appetizing.

So much can be done in the way of producing varied vegetable dishes, that it is surprising that you have not followed our French system of devoting a separate course in a meal to vegetables alone, instead of serving up two or three varieties with the joint, as is your practice.

By giving a little more thought and time to their preparation, variations may be introduced which will be a great improvement on your uninspired fashion of preparing and serving these dishes.

121. ASPERGES AU BEURRE FONDU—

Asparagus, boiled.

Trim the heads of asparagus to the same length as nearly as possible, by cutting off the root ends; scrape off the outside skin from the green tips down to the white end; tie in bundles with the tips pointing in the same direction, stand in cold water for half an hour before cooking, then boil in salted water to cover until the tips are soft. Do not allow them to boil violently, or the heads will break off. Remove the bundles from the water, drain well, lay neatly on a dish, all the heads pointing the same way, untie the bundles and serve with hollandaise sauce, white sauce, or beurre fondu in a sauce boat.

Mayonnaise sauce is usually served with cold boiled asparagus.

122. ASPERGES A LA MILANAISE—

Asparagus à la Milanaise.

Asparagus,
2 tablespoonfuls of grated Parmesan
cheese,
Pepper and salt,
Toast,
Butter.

Boil the asparagus until tender; drain off all the water. Place some rounds of toast in an earthenware dish and on them lay the asparagus. Sprinkle the cheese over, add some small dabs

of butter, salt and pepper, and brown, either in the oven or under a grill.

123. SOUFFLE L'ASPERGE—

Asparagus Soufflés.

Asparagus,
1 oz. butter,
1 tablespoonful of flour,
1 cupful of milk,
Pepper and salt,
1 egg,
2 tablespoonfuls of grated cheese.

Boil some asparagus, and when tender, remove the tips.

Melt the butter, stir in the flour until it becomes smooth, then add the milk and stir over the fire until it thickens. Allow to cool a little, season with pepper and salt, add the beaten yolk of an egg, the grated cheese and asparagus tips. Beat the egg white stiffly and fold it into the sauce and asparagus. Butter some china soufflé cases, half fill each with the mixture and bake in a moderate oven until well risen and browned.

124. ASPERGES AUX ŒUFS—

Asparagus with Eggs.

Cold boiled asparagus,
Hard-boiled eggs,
Thick white sauce (No. 2),
Melted butter,
Parsley.

Pour some white sauce into a fire-proof baking-dish, place a layer of cold asparagus on it, add more white sauce to cover the asparagus; cut the eggs across and stand them, flat side down, along the centre of the contents of the dish. Arrange more asparagus on each side of the eggs, pour melted butter over, and place in the oven to heat through. Sprinkle chopped parsley over the surface before serving.

125. FEVES A LA CREME—*Broad Beans.*

Broad beans,
1 onion,
Bacon,
 $\frac{1}{2}$ oz. flour,
Butter,
Chopped parsley,
Pepper and salt.

Shell and skin the beans. Boil in salted water, with an onion added, until tender.

Chop a few rashers of bacon and cook them in a frying pan for a few minutes, stir in the flour and add a little of the liquor in which the beans have been boiled, and a lump of butter.

Strain the beans and add them to the contents of the frying pan with half a teaspoonful of chopped parsley. Toss over the fire for a few minutes, season with pepper and salt, and serve.

126. PUREE DE FEVES—*Purée of Broad Beans.*

Broad beans,
Butter,
Pepper and salt,
Milk.

Boil the beans in salted water until tender, put them in cold water, drain, and, if the beans are not young, take off the skins.

Mash them with a fork. Melt some butter in a pan, add the mashed beans, season with pepper and salt, add some milk and stir constantly until boiling. Serve very hot.

127. HARICOTS VERTS SAUTES AU
BEURRE—*French Beans Fried in Butter.*

Young French beans,
2 oz. butter,
Chopped parsley,
Salt,
1 lemon.

String the beans and boil them in salted water until tender. Strain off the water.

Melt the butter in a pan, add the strained beans, salt and half a teaspoonful of chopped parsley, and fry for five minutes, turning them constantly.

Add a teaspoonful of lemon juice just before serving and mix well.

128. HARICOTS VERTS A LA POULETTE

—French Beans à la Poulette.

Young French beans,
1 onion,
1 oz. flour,
Pepper and salt,
Chopped parsley,
1 cupful of milk,
1 egg.

String the beans and boil them in salted water until tender.

Melt the butter in a frying pan and fry in it the sliced onion, stir in the flour, add pepper, salt, one teaspoonful of chopped parsley and the milk; stir over the fire for five minutes. Draw to the side of the fire and stir in the beaten yolk of an egg.

Drain the water from the boiled beans, turn them on to a dish and pour the sauce over them.

129. HARICOTS VERTS AUX TOMATES—

French Beans and Tomatoes.

Cold boiled beans,
1 lb. tomatoes,
Olive oil,
Pepper and salt.

Skin and cut up the tomatoes, removing the pips.

Put some olive oil—about one gill—into a large frying pan and heat it; add the tomatoes and

cook slowly for ten minutes; then add the beans, cook slowly for ten minutes more, season with pepper and salt, and serve.

130. HARICOTS AUX ŒUFS—*Haricot Beans with Tomato Sauce and Eggs.*

1 pint of haricot beans,
2 onions,
2 boiled carrots
Pepper and salt,
1 oz. sugar,
3 hard-boiled eggs,
1 oz. butter,
Tomato sauce (No. 22).

Soak the beans in water for twelve hours, then boil in salted water until soft.

Slice two onions thinly, chop the carrots and with them mix the cooked beans. Season with pepper and salt and add the sugar.

Well butter a fire-proof baking-dish and in the bottom place a layer of sliced hard-boiled eggs, sprinkle with pepper and salt and over them place the beans and vegetables.

Cover with thick tomato sauce, scatter dabs of butter on the surface, cover and bake until the vegetables are cooked through.

131. HARICOTS A LA PROVENÇALE—

Haricot Beans à la Provençale.

1 lb. haricot beans,
 $\frac{1}{2}$ lb. fat bacon,
Onions,
A bunch of herbs,
Half a bottle of claret.

Soak the beans in water for at least twelve hours. Boil them in sufficient water to cover for one hour, then drain off the water.

Cut the bacon into dice and put it into a large stew-pan, add a few sliced onions, the beans, a bunch of herbs and half a bottle of claret. Cover and cook slowly in the oven for four or five hours. Remove the cover and the bunch of herbs and, if necessary, place beside the fire for a time for the sauce to reduce.

Pile on a hot dish and serve very hot.

132. CHOUX DE BRUXELLES—

Brussels Sprouts.

Brussels sprouts,
Butter,
Pepper and salt,
Chopped parsley.

Pick off the decayed outer leaves of the Brussels sprouts, wash well and cook in boiling water for five minutes. Drain off the water.

Put a large piece of butter in a stew-pan, add the Brussels sprouts, pepper and salt, and half a

teaspoonful of chopped parsley, and cook slowly for a quarter of an hour, shaking frequently to prevent burning.

133. CHOUX DE BRUXELLES AUX MAR-
RONS—*Brussels Sprouts and Chestnuts.*

Chestnut purée (No. 141),
Brussels sprouts.

Prepare some chestnut purée as directed in recipe No. 141. Prepare some Brussels sprouts as in recipe above, No. 132.

Pile the chestnut purée in the centre of a flat dish and surround with a border of Brussels sprouts.

134. CHOUX-FLEURS MIMOSAS—
Cauliflower and Mayonnaise.

1 young cauliflower,
Thick mayonnaise sauce (No. 14),
2 hard-boiled eggs.

Boil the cauliflower in salted water, on the surface of which is placed a large slice of bread; this minimises the smell of the cooking; take care that the cauliflower does not break. When cooked sufficiently remove it from the water, drain and place it upstanding in a salad bowl. Pour thick mayonnaise sauce over. Press the yolks of the eggs through a sieve and scatter the yellow powder produced over the mayonnaise on the cauliflower.

135. CHOUX-FLEURS AU JAMBON—

Cauliflower and Ham Savoury.

Remains of a boiled cauliflower,
Croûtons of fried bread,
 $\frac{1}{2}$ cupful of brown sauce (No. 1),
Chopped ham,
Pepper and salt,
1 lemon.

Break the cauliflower into small pieces, removing all bits of stalk; prepare some croûtons of fried bread and pile the cauliflower on them in little heaps. Heat the sauce in a saucepan, add some chopped ham, season well with pepper and salt. Pour some sauce over each heap of cauliflower, scatter more chopped ham on the top, and heat thoroughly in the oven. Serve with thin slices of lemon as garnish.

136. PUREE DE CAROTTES—*Purée of Carrots.*

1 lb. carrots,
2 oz. butter,
Salt,
Sugar,
Cream.

Cook the carrots until tender in boiling salted water. Strain and mash to a pulp with a fork.

Melt the butter in a fire-proof baking-dish, add the carrots with salt and a teaspoonful of sugar.

Cook slowly in the butter, but do not allow it to brown.

Just before serving stir in half a gill of cream; place beside the fire to become thoroughly hot, and serve.

137. CAROTTES A LA POULETTE—

Carrots à la Poulette.

Large carrots,
2 or 3 cloves,
A bay leaf,
Salt,
1 oz. butter,
1 oz. flour,
1 cupful of milk,
1 teaspoonful of chopped parsley,
Pepper and salt,
1 lemon.

Wash two or three large carrots and scrape them very lightly. Cut them into dice and put in a saucepan containing enough boiling water to cover them; add some cloves and a bay leaf, and boil slowly for an hour. Add salt.

Strain and collect the water from the carrots.

Melt the butter in a stew-pan and stir in the flour until it is smooth; add one cupful of milk and one cupful of the water from the carrots; boil up, add the chopped parsley, pepper and salt. Place the carrots in this and boil again for five minutes. Turn on to a large dish and serve garnished with lemon slices.

138. CAROTTES AUX NAVETS—

Carrot and Turnip Savoury.

Cold boiled carrots,
Cold boiled turnips,
Pepper and salt,
Croûtons of fried bread,
Capers,
Egg,
White sauce (No. 2).

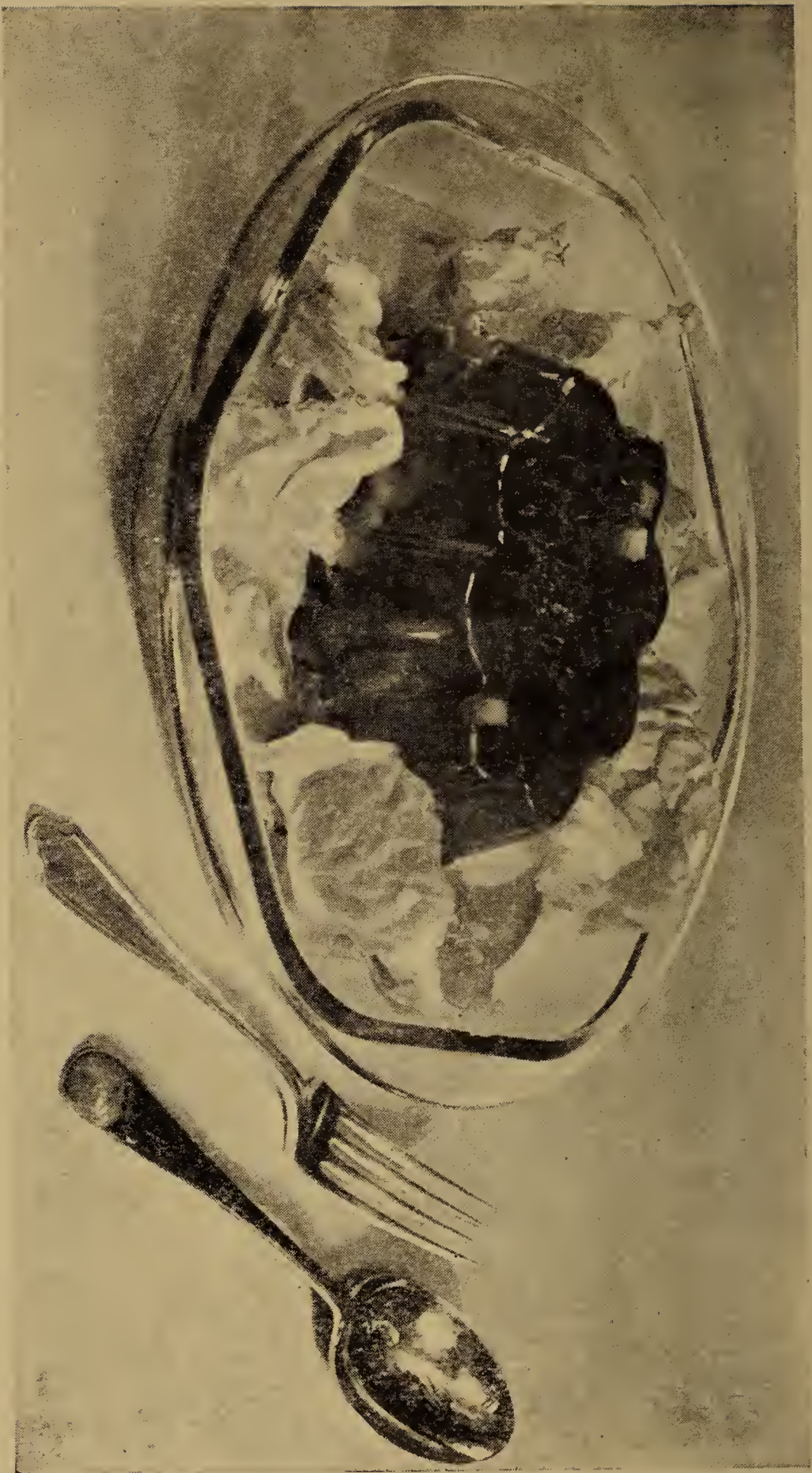
Cut the carrots and turnips into small pieces; prepare some croûtons of fried bread and place the carrots and turnips on them in heaps.

Heat some white sauce in a saucepan, add a few chopped capers, season with pepper and salt and pour over each croûton. Place them in an oven to become thoroughly hot. Press the yolk of one hard-boiled egg through a sieve and sprinkle it over the top of each croûton before serving.

139. CELERI AU GRATIN—*Celery au Gratin.*

Celery,
1 oz. butter,
White sauce (No. 2),
Pepper,
Parsley,
Grated cheese.

Wash the celery and cut it into small pieces. Place in salted water and boil until tender; drain off all the water and stir the butter with the



CRÊME AU CHOCOLAT (RECIPE 194)

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[Photograph by permission of "Good Housekeeping"]

celery. Add one cupful of white sauce, pepper, and one and a half cupfuls of grated cheese; stir over the fire until thoroughly hot. Serve on a hot dish, cover with grated cheese and chopped parsley. Garnish with sprigs of parsley.

140. CREME AU CELERI—*Celery Custard.*

Celery,
1 onion,
 $\frac{1}{2}$ pint of milk,
Pepper and salt,
2 eggs.

Wash the celery and cut it very small. Chop the onion. Mix one cupful of celery with the onion and boil them for ten minutes in the milk. Add pepper and salt and stir in the eggs, previously beaten.

Stand a buttered baking-dish in a larger dish containing water; pour the celery mixture into the baking-dish and bake for about an hour, until the custard is set.

141. PUREE DE MARRONS—

Chestnut Purée.

Chestnuts,
1 onion,
Water.

Make several little cuts in the skin on the curved side of the chestnuts. Place them in an oven for five or ten minutes (do not allow them to burn)

and remove them, a few at a time, from the oven and while hot peel off the skins.

Put the chestnuts in a saucepan with enough water to cover, add the onion and boil until tender.

Drain off the water, remove the onion and mash the chestnuts with a potato masher or by pressing through a sieve.

This purée may be used as a stuffing for a chicken, turkeys, etc., or may be served as a separate vegetable dish.

142. ARTICHAUTS A LA SAUCE HOLLANDAISE—

French or Globe Artichokes.

3 or 4 artichokes,
Sauce hollandaise (No. 10), or
White sauce (No. 2).

Wash the artichokes thoroughly, cut off the stalks and trim the leaves. Put them into boiling salted water and boil until tender, from one to two hours.

Drain well and serve on a dish with white sauce or sauce hollandaise poured over.

143. POIREAUX A LA MAITRE D'HOTEL —*Leeks à la maître d'hôtel.*

Large leeks,
Salt,
Maître d'hôtel sauce (No. 13),
Chopped parsley.

Remove all the green parts and root of some large leeks and wash the white parts well.

Put these in enough boiling salted water to cover and boil for about an hour.

Strain them and lay side by side on a hot dish; pour maître d'hôtel sauce over and sprinkle with chopped parsley.

144. PUREE DE LAITUES—*Purée of Lettuces.*

2 or 3 lettuces,
Butter,
Pepper and salt,
Fried bread croûtons.

Remove the hearts from the lettuces and put them on one side for a salad or garnish, as they are not needed for a lettuce purée.

Trim off any damaged outside leaves; wash the rest well and boil in salted water for about half an hour. Strain and well press.

Chop the lettuce very fine and put it into a pan with a lump of butter, salt and pepper, and stir over the fire until well mixed and hot. Serve with croûtons of fried bread.

145. CROUTES AUX CHAMPIGNONS—

Mushrooms on Toast.

Fresh mushrooms,
Vinegar,
Butter,
1 tablespoonful of flour,
Stock,
Toast.

Clean and trim and cut off the stalks of the mushrooms; boil them for a few minutes in salt water with a little vinegar added. Strain off the water and place the mushrooms in a saucepan with some butter; stir in the flour, add some stock and stir while the sauce thickens.

Prepare and trim some rounds of toast, place some mushrooms on each and pour the thickened sauce over.

146. RAGOUT DE CHAMPIGNONS—

Mushroom Ragoût.

2 lb. of mushrooms,
3 tablespoonfuls of butter,
1 tablespoonful of vinegar,
Pepper and salt,
Parsley.

Peel the mushrooms and put them into a stewpan with the butter, vinegar, pepper and salt and a little chopped parsley. Stew them slowly for about an hour. Remove the mushrooms from the liquid and pile them on a hot dish. Mix one dessertspoonful of flour to a cream with a little water, and add it to the mushroom liquid after it has been brought again to the boil. Stir until the liquid thickens. Pour this over the mushrooms and serve.

147. CHAMPIGNONS A LA PROVENÇALE
—*Deville'd Mushrooms.*

Large fresh mushrooms,
Butter,
Chopped parsley,
Chopped onion,
Pepper and salt,
Bread crumbs.

Clean, peel and remove the stalks of the mushrooms. Fry them gently in butter. When cooked, place them in a fire-proof baking-dish with the undersides up.

Put a little more butter with that left in the pan, add the parsley, onion and a few more mushrooms, chopped, and fry. Season with pepper and salt. Stir well, and heap a little of these ingredients on each mushroom in the dish. Cover with bread crumbs, pour a little melted butter over and bake in the oven to brown.

148. CHAMPIGNONS AU ŒUF—
Mushrooms with Eggs.

Mushrooms,
New-laid eggs,
Butter,
1 small onion,
Pepper and salt,
Fried bread crumbs.

Boil three or four eggs until quite hard, put them at once into cold water, shell them, cut through

the whites lengthwise and remove the yolks, which must be kept whole.

Prepare some mushrooms, cut them in small pieces and fry with the onion, sliced, for a few minutes, in butter, adding pepper and salt to season. While these are cooking, prepare some fried bread crumbs.

Well butter a baking-dish, place some of the mushrooms in the bottom and on these arrange the egg whites, open sides uppermost. Half fill each with some more mushrooms. Cut each egg yolk carefully in two and place a piece on each portion of white.

Scatter the bread crumbs over the top and place in a hot oven to heat through.

149. CHAMPIGNONS AU JAMBON—

Stewed Mushrooms and Bacon.

1 lb. mushrooms,
2 oz. butter,
Lemon juice,
Pepper and salt,
 $\frac{1}{2}$ lb. bacon, in rashers,
1 tablespoonful of flour,
1 gill of milk,
Parsley.

Peel, remove the stalks and wash the mushrooms. Melt the butter in a stew-pan or casserole, add the mushrooms, pepper and salt, and one dessert-spoonful of lemon juice, cover, and simmer over a

low fire for twenty-five minutes. Stir occasionally or shake the pan to prevent burning.

Remove the rind from the rashers, trim off superfluous fat, and roll each one separately. Thread a skewer through them and cook for a few minutes in the oven.

Mix the flour to a cream with the milk, and stir it into the liquor in the casserole, from which the mushrooms have been removed previously. Stir the flour in the gravy until it thickens. Replace the mushrooms in the casserole to reheat.

Serve the mushrooms in the centre of a flat dish, pour the sauce over, arrange the rolls of bacon round and garnish with sprigs of parsley.

150. RAGOUT D'OIGNONS—*Onion Ragout.*

Large Spanish onions,
Butter,
Gravy,
Flour,
Pepper and salt.

Bake the onions in a moderate oven, with a piece of butter on each.

Peel off their outer skins and put them into a stew-pan with some gravy and stew for half an hour.

Place the onions on a hot dish; stir a little flour into the gravy, season with pepper and salt, boil until the sauce thickens and pour it over the onions. Serve very hot.

151. OIGNONS GLACES—*Glazed Onions.*

Large onions,
1 oz. butter,
Pepper and salt,
Castor sugar.

Peel and boil the onions; drain them.

Melt the butter in a baking-dish, place the onions in it; put a little sugar on each onion and sprinkle with pepper and salt. Place buttered paper over the onions, cover, and bake in a hot oven until the onions are browned and the liquid in the dish has glazed. Serve on a hot dish.

152. OIGNONS FARCIS—*Stuffed Onions.*

Sheep's kidneys,
Spanish onions,
Butter,
Pepper and salt.

Boil some Spanish onions in salted water for about one hour until tender. Cut the small tops nearly off and scoop out the hearts.

Skin the kidneys, cut them in two and put one portion in each onion; replace the tops.

Melt one ounce of butter in a baking-dish, stand the onions in it, sprinkle with pepper and salt, pour a little melted butter over each and bake, basting frequently until the kidneys are cooked through.

153. PETITS POIS AUX LAITUES—

Green Peas, boiled.

Lettuce leaves,
Green peas,
Pepper and salt,
Sugar,
Butter.

Wash well the large outside leaves of a lettuce and lay them in a saucepan. Shell the peas and place them on the lettuce leaves and bring to the boil on a slow fire; no water must be added. When the peas are tender and ready for serving, add the pepper and salt and a little butter and sugar.

154. PETITS POIS AU NATUREL—

Green Peas, stewed.

Shelled green peas,
1 oz. butter,
Pepper and salt,
Sugar.

Put the butter into a stew-pan to melt; add the peas, cover and allow to simmer for about an hour. Add pepper, salt and a little sugar when they have been cooking for a little while. Shake the saucepan occasionally to prevent burning.

155. PUREE DE PETITS POIS—*Green Pea Purée.*

Fresh green peas,
2 oz. butter,
Pepper and salt,
Sugar,
Fried croûtons.

Melt one ounce of butter in a saucepan, add the salt, pepper, sugar, shelled peas and a very little water and cook until tender—about half an hour. Strain off the liquor and rub the peas through a sieve. Return them to the saucepan with a lump of butter and stir until it boils.

Serve with croûtons of fried bread.

156. PETITS POIS A LA FRANÇAISE—
Green Peas à la Française.

Green peas,
1 lettuce,
1 onion,
Salt,
Sugar,
Parsley,
1 oz. butter,
 $\frac{1}{2}$ tablespoonful of flour,
Croûtons of fried bread.

Take one pound of peas (shelled), put them in a saucepan with half a pint of water, add a lettuce, shredded, an onion, salt, one lump of sugar and some parsley, and cook until the peas

are tender. Drain off the water and remove the onion and as much of the lettuce as possible.

Melt the butter in a pan, stir in the flour, add the peas and stir together for five minutes.

Turn on to a hot dish and serve with fried bread.

157. PETITS POIS A LA PARISIENNE—

Green Peas à la Parisienne.

Fresh green peas,
2 oz. butter,
Lettuce leaves,
Salt,
Sugar,
1 dessertspoonful of vinegar,
1 carrot,
1 onion.

Melt the butter in a stew-pan; fold the peas (shelled) in some wet lettuce leaves and put them in the pan; add salt, sugar, vinegar, chopped carrot and onion, and simmer for about an hour. Shake frequently to prevent burning, and serve as soon as the peas are tender.

158. PETITS POIS AUX OIGNONS—

Peas and Onions.

1 lb. onions,
1 lb. shelled green peas,
Fried bread crumbs,
Butter,
Sugar,
Milk.

Peel the onions and cook them until tender in boiling salted water. Leave to drain.

Boil the peas for ten minutes in salted water; drain.

Well butter a fire-proof baking-dish and in it place a layer of onions, add a few small pieces of butter, and sprinkle with fried bread crumbs.

Add one lump of sugar to the peas and one ounce of butter, mix well and heap these over the onions. Over these add another layer of onions and cover again with fried bread crumbs. Pour one cupful of milk over and bake in a hot oven until brown. Serve in the dish in which it was cooked.

159. PETITS POIS AU JAMBON—

Green Pea Savoury.

- 1 pint of cooked green peas,
- 2 slices of cooked ham,
- 1 oz. butter,
- 1 cupful of white sauce (No. 2),
- Pepper and salt,
- 1 teaspoonful of chopped parsley.

Chop the ham very fine; melt the butter, add the ham, the peas (reserving a few for garnish), white sauce, pepper, salt and chopped parsley, and stir until thoroughly hot and well mixed.

Pile on a dish, sprinkle with chopped parsley and garnish with peas which have been heated in a little melted butter.

160. PETITS POIS AUX CAROTTES—

Peas and Carrots.

Fresh green peas,
Mint,
Sugar,
Young carrots,
2 oz. butter,
Stock,
Pepper and salt.

Boil the peas until tender in salted water to which have been added some fresh mint and a lump of sugar.

Cook the carrots until tender in boiling salted water. Drain the water from the peas and carrots.

Melt the butter in a pan, add the cooked carrots, the peas, a teaspoonful of sugar and enough stock to cover. Cover the pan and allow to simmer for a quarter of an hour.

Drain off the stock, season with salt and pepper and serve on a hot dish.

161. PUREE DE POMMES DE TERRE—

Creamed Potatoes.

Potatoes,
Milk,
Pepper and salt,
Butter.

Peel the potatoes and boil them until tender in salted water. Strain off the water and mash the potatoes in a masher or through a sieve. Put a

piece of butter in a saucepan to melt, add the potatoes, pepper and salt and stir in enough milk to make a firm cream; stir until all are well mixed and thoroughly hot through.

162. POMMES DE TERRE FRITES—

Fried Potatoes.

Potatoes,
Frying fat,
Parsley.

Wash and pare the potatoes, cut them into even lengths about the thickness of a finger and immediately place in enough cold water to cover them and allow to soak for about an hour.

Fill a deep frying pan with fat and while it is heating remove some of the potatoes from the water, drain them and wipe quite dry on a cloth. When a blue smoke rises from the surface of the fat it will be sufficiently hot. Place the dried potatoes in a frying basket and lower this into the boiling fat. Fry the potatoes until they are a golden brown; lift the basket from the pan and lay the fried potatoes on a paper to drain. Serve immediately, garnished with sprigs of parsley.

163. POMMES DE TERRE PAILLES—

Straw Potatoes.

These are prepared and fried in the same way as ordinary fried potatoes, but instead of cutting them in finger lengths they are cut into slices

one-eighth of an inch thick, and these slices are cut again into strips one-eighth of an inch wide, and then fried.

164. POMMES DE TERRE SOUFFLEES—

Potato Soufflé.

Peel the potatoes and cut them into slices about an eighth of an inch thick; leave them in water to soak as for ordinary frying. Drain and dry them and fry in a basket in boiling fat for a few minutes. Before they begin to brown, lift the basketful of potatoes out of the fat and plunge it in a bowl of cold water. Drain off the water and replace the basket in the boiling fat. The slices should puff up at once like air balls and become brown immediately. Sprinkle with salt and serve very hot.

165. POMMES DE TERRE RISSOLEES—

Fried New Potatoes.

Small new potatoes,
2 oz. butter,
Chopped parsley.

Wash and scrape the potatoes, keeping them as nearly the same size as possible. Boil them in salted water for fifteen minutes. Drain well.

Melt the butter in a frying pan and in it fry the boiled potatoes, turning them frequently.

When browned all over, turn them on to a hot dish and sprinkle them with chopped parsley.

166. PUREE DE POMMES DE TERRE
AVEC PUREE DE TOPINAMBOURS—*Potato and Artichoke Purée.*

1 lb. potatoes,
1 lb. Jerusalem artichokes,
Pepper and salt,
Bread crumbs,
Butter.

Peel the artichokes under water and boil them in salted water for a quarter of an hour; then add the potatoes, peeled, and continue boiling until the potatoes are done. Drain, pass through a sieve and season with pepper and salt.

Butter a fire-proof baking-dish, turn the purée into it, cover with a layer of bread crumbs, add some small pieces of butter and bake in a moderate oven to brown.

167. POMMES DE TERRE EN BEIGNETS—

Potato and Parsley Cakes.

Cold boiled potatoes,
Chopped parsley,
Eggs,
Butter,
Pepper and salt,
Bread crumbs,
Frying fat.

Mash the potatoes, melt one ounce butter and stir in the potatoes.



POMMES DE TERRE EN BEIGNETS (RECIPE 167)

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To each pound of potatoes add one teaspoonful of chopped parsley, pepper and salt, and one egg; mix all thoroughly.

Allow this mixture to cool and divide it into equal portions. Dip the hands into some flour and mould the portions into small cakes. Dip each in a beaten egg, cover with bread crumbs and fry in hot fat until nicely browned. Drain well before serving.

168. POMMES DE TERRE DUCHESSES—

Potato Cakes.

Cold creamed potatoes,
Salt,
Flour,
Frying fat.

Take some cold creamed potatoes and mix with enough flour to make a stiff paste; add salt to taste. Work the paste into a lump and roll it out on a pastry board to about half an inch thick. Cut it into rounds three inches across.

Heat some frying fat in a deep pan and when it smokes place the potato rounds in one at a time and fry quickly until they are brown. They should swell up into balls. Remove each one from the fat as it becomes brown, allow to drain thoroughly and serve very hot.

169. POMMES DE TERRE AU FROMAGE
EN BEIGNETS—*Cheesed Potatoes.*

Cold boiled potatoes,
2. oz butter,
2 tablespoonfuls of flour,
Milk,
1 oz. grated cheese,
1 egg,
Pepper and salt,
Frying fat,
Parsley.

Mash the potatoes. Melt the butter in a small frying pan, stir in the flour and then add a little milk; boil and stir until it thickens. Add the mashed potatoes and cheese and stir for a few minutes. Allow to cool a little, then add the egg, pepper and salt. Leave until quite cold, then divide it into small portions and mould them into balls. Fry these in boiling fat until well browned. Drain well, sprinkle with grated cheese and serve very hot, garnished with parsley.

170. SALSIFIS FRITS—*Fried Salsify.*

Salsifies,
Water,
Vinegar,
Frying fat,
Salt.

Wash and scrape the salsifies and put at once into cold water with a little vinegar. Cut into

short lengths and boil until tender in water and vinegar; strain and allow to cool.

Fry in boiling fat until golden brown and serve hot, sprinkled with salt.

171. SALSIFIS EN SAUCE BLANCHE—

Boiled Salsify.

Salsifies,
Water,
Vinegar,
White sauce (No. 2).

Boil in water and vinegar as in the previous recipe. Drain well and serve with white sauce.

172. EPINARDS A LA CREME—

Creamed Spinach.

Spinach,
Butter,
Flour,
Sugar,
Cream,
Salt,
Croûtons of fried bread.

Pick the leaves from the stalks, wash the leaves thoroughly in several waters, then cook in a very little salted water; strain off the water and press very dry. Chop finely.

Melt some butter in a stew-pan, add salt and stir in the chopped spinach. Mix half a

tablespoonful of flour with some melted butter, stir it into the contents of the stew-pan; add one teaspoonful of sugar and a gill of cream. Serve with fried bread croûtons.

173. ŒUFS FLORENTIN—*Eggs on Spinach.*

2 lb. spinach,
Pepper and salt,
New-laid eggs,
Melted butter.

Prepare the spinach as described in recipe No. 172, but without the addition of cream. Butter a fire-proof baking-dish and in it place the cooked spinach. Make as many depressions in this bed of spinach as there are eggs. Break each egg separately and place one in each depression. Sprinkle with pepper and salt and pour a dessert-spoonful of melted butter over each. Bake in a hot oven until the eggs are set. Serve immediately.

174. TOMATES AUX OIGNONS—

Tomatoes and Onions.

4 large onions,
1 cupful of bread crumbs,
1 cupful of grated cheese,
Pepper and salt,
1 egg,
Tomatoes,
Butter.

Peel the onions and boil them whole in salted water until tender.

Slice the onions and place a layer in a buttered baking-dish, sprinkle with pepper and salt, and cover with a layer of sliced tomatoes, skinned, and with the pips removed.

Mix the bread crumbs and cheese, add pepper and salt and bind with a beaten egg.

Put little heaps of this mixture on the surface of the tomatoes, pour some melted butter over the tomatoes and bake in the oven until the tomatoes are tender.

175. TOMATES AU FROMAGE FONDU—

Tomato and Cheese Rusks.

Thick slices of bread,
1 egg,
Pepper and salt,
Tomatoes,
Cheese,
1 gill of milk,
Butter.

Trim the crusts from the slices of bread. Well beat the egg, season with pepper and salt and stir in the milk. Lay the bread on a flat dish and pour the egg and milk over. When the bread is well soaked remove it gently to a greased baking-tin. Put small pieces of butter on each slice and bake in the oven until dry and browned.

Cover each rusk with slices of tomato, sprinkle

with salt and pepper and cover with a layer of thin slices of cheese. Bake in a hot oven until the cheese is melted and browned.

176. PUREE DE NAVETS—*Purée of Turnips.*

Turnips,
Butter,
Béchamel sauce (No. 5),
Pepper and salt.

Clean the turnips and boil them in salted water until tender; strain and mash them.

Melt some butter in a pan, stir in the turnip mash, season with pepper and salt and add some béchamel sauce; stir together until thoroughly heated.

177. MACEDOINE DE LEGUMES—

Mixed Vegetable Ragoût.

4 carrots,
2 parsnips,
2 turnips,
2 onions,
2 oz. butter,
1 dessertspoonful of flour,
1 teacupful of stock,
Pepper and salt,
Sugar.

Peel the vegetables and cut them into small dice. Melt the butter in a stew-pan, add the vegetables

and stir them with the hot butter for a few minutes, then remove them. Stir the flour into the butter until it becomes smooth, then add the stock. Mix well; return the vegetables to this sauce, cover and simmer gently until they are quite tender. Season with pepper and salt and a teaspoonful of sugar, mix well, then turn all on to a hot dish and serve.

CHAPTER IX

MOUSSES, SOUFFLÉS, CREMES, ETC.

(*Sweets*)

PUDDINGS are not a great feature in French household catering. In fact, the sweet course is most frequently eliminated entirely from a meal, its place being taken by a cheese dish or some other savoury.

The following recipes are typical of those which are served when a sweet course is desired.

178. MOUSSE AUX POMMES—*Apple Mousse.*

Cooking apples,

Sugar,

Water,

1 tablespoonful of red currant jelly to
each cupful of apple purée,

1 egg to each cupful of apple purée.

Peel, core and slice the apples. To each cupful of sliced apples allow one tablespoonful of sugar and one tablespoonful of water. Boil all together until the apples become tender and form a mash. Measure the purée and mix red currant jelly with it in the above proportions; allow to cool.

Take the whites of the eggs and beat them to a very stiff froth, then fold the apples very lightly into the meringue. Pile in the centre of a glass dish to serve.

179. POMMES AU BEURRE—*Buttered Apples.*

Large green apples,
Butter,
Strawberry jam,
Castor sugar.

Choose apples as nearly the same size as possible. Peel them and remove the cores. Well butter some fireproof ramekin cases, or one large soufflé dish. Place one apple in each case, if the small ones are used, fill the space at the core with strawberry jam, give each a thick coating of sugar with a dab of butter on top. Bake in a hot oven and baste with the liquid from the melted butter and sugar. Put more strawberry jam on the top of each apple when ready to serve.

180. CREME DES POMMES.

3 cupfuls of apple purée,
3 cupfuls of milk,
3 eggs,
Sugar.

Make a thick custard by mixing the milk with the yolks of the eggs, adding sugar to taste, and cooking in a double saucepan until the mixture thickens. Beat the whites of the eggs to a stiff

froth. When the apple purée and the custard have become quite cold, mix them well together and fold in the beaten egg whites very lightly.

181. FLAN AUX BANANES—*Banana Tart.*

Short pastry,
Rice,
Bananas,
Castor sugar,
Fruit juice.

Butter a round tin and line it with thin short pastry; fill it with uncooked rice to prevent the centre rising, and bake for ten minutes. Shake out the rice and fill with thin slices of banana in layers. Sprinkle each layer with castor sugar and pour over a tablespoonful of raspberry juice. Replace in the oven for ten minutes and serve hot or cold.

182. MARRONS A LA SAUCE AU CHOCOLAT—*Chestnut Mould.*

Eating chestnuts,
Milk,
Sugar,
Vanilla,
Butter,
Chocolate sauce.

Boil the chestnuts until tender, skin them and pass through a sieve or potato masher. Add enough milk to form a stiff cream, sweeten to

taste, add a few drops of vanilla essence and heat gently. Stir continually and add, a little at a time, butter in the proportion of a quarter of a pound to each gill of milk used, add more sugar, gradually, and stir together for ten minutes. Butter a mould, pour into it the chestnut mixture and leave in a cool place until the next day. Unmould and turn on to a glass dish. Serve with cream or chocolate sauce poured over it.

To make the sauce, just cover the bottom of a small saucepan with water, heat it, draw away from the fire, and in the water melt one or two sticks of chocolate—about two ounces will be enough; if it is too thick to pour, add a little more hot water; the water must not boil; mix well and stir in a tablespoonful of powdered sugar.

183. MARRONS A LA CREME—

Chestnut Purée.

Chestnuts,
Sugar,
Milk,
Custard or cream.

Prepare the chestnuts as in the previous recipe, add sugar to taste and enough milk to make a creamy mixture. Boil together, stirring all the time, until it becomes quite thick. Allow to cool and serve with custard or cream.

184. GATEAU DES MARRONS.

Chestnuts,
4 eggs,
Sugar,
Custard or coffee cream.

Skin the chestnuts and boil in water to a mash. Sweeten to taste; beat the yolks of the eggs and stir them into the chestnuts. Beat the whites to a stiff froth and fold them into the mixture. Pour into a buttered mould and bake in a warm oven until firm. Turn out and serve hot with custard or coffee custard.

185. CREME MERINGUEE—*Custard Cream.*

1 pint of milk,
Sugar,
Flavouring,
4 eggs,
Carminé.

Boil the milk, sweeten to taste and flavour with vanilla, coffee, lemon or whatever essence is desired. Allow to cool, then stir in the beaten yolks of four eggs. Strain and pour into a buttered mould; stand this in a saucepan of boiling water beside the fire until the cream sets.

Allow to cool, then turn on to a glass dish.

Beat the whites of the four eggs to a very stiff froth, add powdered sugar to taste, colour with a few drops of carmine and heap over the cream shape.

186. COMPOTE DE FRUIT—*Fruit Compôte.*

Various fresh fruits,
Sugar,
Water.

Make a syrup by boiling sugar and water together in the proportion of half a pound of sugar to half a pint of water.

Prepare the various fruits, lay them in the syrup and stew very slowly in the oven until tender.

187. MERINGUES A LA CREME—*Meringues.*

Eggs,
2 oz. castor sugar to each egg,
Salt,
Whipped cream.

Carefully separate the whites from the yolks of the eggs. Add a pinch of salt to the whites, put them into a large basin and beat, gently at first, and then more quickly. Beat always in one direction until the whites are quite stiff.

Mix in the sugar gradually, beating all the time.

Prepare some large sheets of paper, greasing them all over with oiled butter, and lay them on a large flat baking-tin.

Pick up a tablespoonful of the beaten meringue and place it on the paper, curving the top with the spoon. Leave two inches between each heap of meringue and sprinkle sugar over the top of

each. Bake in a very cool oven for about two hours. Do not allow them to colour in the least. In fact, the oven must be so cool that the meringues do not cook so much as dry slowly.

When the tops are crisp, remove them from the oven and with the aid of a knife slip each one from the paper. Press in the soft part at the centre of the underside and allow to cool. Whip the cream, add a little sugar and fill each with cream; place two meringues together with a layer of cream between.

188. BATTER FOR FRYING.

Flour,
Salt,
Milk,
Sugar,
Vinegar.

Put half a pound of flour in a basin, add a pinch of salt and mix to a cream with sweetened milk. Add a few drops of vinegar and beat well for three or four minutes.

189. CREPES AUX POMMES—

Pancakes with Apples.

Batter,
Cooking apples,
1 lemon,
Lard.

Prepare a batter, making it to the consistency

of a thin custard. Add the grated rind of a lemon. After beating it well, stand it in a cool place for an hour.

Peel and core the apples and cut them in thin finger shapes. Place them in the batter.

Put some lard into a frying pan and heat it, using just enough to grease the bottom of the pan. Fill a cup with some of the batter, including a few pieces of apple, and put it into the pan, tipping it up so that the batter runs quickly all over the pan; there should be only enough to make a very thin covering. When the pancake is brown underneath, turn it and fry the other side in the same way. Fold each crêpe as it is done, sprinkle with sugar, and pile several on a dish, surrounded with slices of lemon.

190. PETITS PATES FRITS—

Jam Tarts, fried.

Short pastry,
Jam,
Lard.

Roll the pastry out until it is a quarter of an inch thick; cut it into rounds with a pastry cutter or the top of a cup. Put a spoonful of jam on one half of a round; damp the edges of the pastry; fold the other half of the round over the jam, press the edges together and flute the edge by

pinching the lower portion and pushing it over the upper edge.

Heat some lard to boiling point and drop the little pies into it, one at a time; fry until nicely browned. Sprinkle with sugar and serve hot.

191. MOUSSE AUX FRAMBOISES—

Raspberry Mousse.

$\frac{1}{4}$ lb. sugar,
1 lb. raspberries,
Gelatine,
3 whites of eggs,
1 gill of cream,
Glacé cherries.

Boil the sugar in half a pint of water until it becomes syrupy, then mix in the raspberries and allow them to cook slowly until the juice is extracted. Pass this through a sieve and leave to cool. Measure it and to each pint of purée allow one and a half ounces of gelatine. Dissolve this in a very little warm water, strain and add to the raspberry purée.

Beat the egg whites very stiffly and fold them into the purée; add the cream and beat all together until quite thick. Stir frequently until it begins to set, then pile in the centre of a glass dish.

Garnish with glacé cherries and little heaps of whipped cream.

Other fruits may be used for this dish if desired; strawberries, apples, apricots, are all suitable.

192. SOUFFLE A LA VANILLE—

Vanilla Soufflé.

1 oz. butter,
1 oz. flour,
1 cupful of milk,
1 dessertspoonful of sugar,
4 eggs,
Vanilla essence.

Put the butter in a milk saucepan to melt, add the flour and stir it for two or three minutes over the fire; draw it away from the heat and add the milk, a little at a time; mix well and cook gently until it thickens, then add the sugar and allow to cool.

Beat the yolks of three eggs separately and add them to the cooled mixture, one at a time; flavour with vanilla essence.

Beat the whites of four eggs to a stiff froth and fold lightly into the rest.

Butter a soufflé mould and three-quarters fill it with the mixture, sprinkle with castor sugar and bake in the oven until well risen and slightly browned. Decorate with crystallized fruit.

193. PECHE MELBA—*Peach Melba.*

Vanilla Ice Cream—

1 gill of cream,
1 pint of milk,
1 tablespoonful castor sugar,
Vanilla essence.

Fresh peaches,
Fresh raspberries,
Castor sugar.

Plunge the peaches in boiling water; remove them and plunge them in ice cold water. Take them out immediately, peel them, cut in two and remove the stones; cover with sugar and stand on ice until required.

To prepare the ice cream, mix the milk, sugar and vanilla essence; beat the cream and add it to the rest and place in a freezer until set.

Press the raspberries through a sieve and mix with castor sugar.

Arrange the halved peaches on a silver dish, pour on the raspberry purée and heap the frozen cream over the fruit. Garnish with whole peaches.

194. CREME AU CHOCOLAT—

Chocolate Cream.

4 eggs,
3 oz. sugar,
3 oz. chocolate,
Whipped cream.

Beat the yolks of the eggs and add the sugar,

powdered. Melt the chocolate in just enough warm water to make a very thick paste. Mix the eggs, sugar and chocolate thoroughly and pour into a mould to set. When quite firm, turn it out and heap whipped cream around it.

195. FRAMBOISES A LA CREME—

Raspberry Creams.

$\frac{1}{2}$ lb. raspberries,
2 oz. castor sugar,
Sherry,
Whipped cream,
Glacé cherries,
 $\frac{1}{2}$ pint milk,
1 oz. castor sugar,
3 eggs.

Boil the milk, allow it to cool and add the sugar and beaten yolks of three eggs; strain and half fill several small soufflé moulds with the custard. Place in a very slow oven to set. Allow to cool.

Mix the raspberries and sugar, crush them and pass through a sieve.

Pour one teaspoonful of sherry over the custard in each glass, add a layer of raspberry purée, heap with whipped cream and garnish with glacé cherries.

CHAPTER X

ENTREMETS

(*Savouries*)

THESE dishes are of two kinds; the more substantial variety, which takes the place of your entrée, is most suitable for a supper or lunch dish; in fact, the savoury often forms the chief dish of the English lunch. The other kind, which is usually served in small individual dishes, takes the place of cheese at the end of dinner. This variety is often composed of cheese in some form or other.

Savouries should be made to look as attractive as possible in special dishes or fire-proof dishes in which they are cooked.

196. ŒUFS FRITS—*Fried Eggs.*

Deep frying fat,
New-laid eggs,
Parsley.

Heat the fat in a deep pan until it gives off a blue smoke. Break each egg into a separate cup and when the fat is ready gently pour them in, one at a time. They will immediately float up to the top in the form of a white puff. After a minute or

two remove each one with a skimmer and drain. Serve at once on a hot dish with chopped parsley sprinkled over.

197. ŒUFS SUR LE PLAT A LA TURQUE—

Eggs and Tomato Sauce.

1 oz. butter,
Tomato sauce (No. 22),
New-laid eggs,
Pepper and salt,
1 teaspoonful of chopped parsley.

Melt the butter in a fire-proof baking-dish. Pour in enough tomato sauce to cover the bottom of the dish. Break each egg separately and place in the sauce. Sprinkle with pepper and salt and chopped parsley.

Bake in a moderate oven until the whites are set.

198. ŒUFS POCHES—*Poached Eggs.*

New-laid eggs,
Salt,
Tarragon vinegar,
Fried bread.

To a saucepan of boiling water add a teaspoonful of salt and a tablespoonful of vinegar. It must be made to boil very rapidly; then break the egg into it, cook until the egg has become a white mass, remove with a slice and serve on a round of fried bread.

199. ŒUFS A LA SAUCE BLANCHE—

Egg Fricassée.

4 hard-boiled eggs,
 $\frac{1}{2}$ pint of thick white sauce (No. 2),
Pepper and salt,
1 teaspoonful of chopped parsley,
Fried bread croûtons.

Shell the eggs and cut each into six or eight pieces. Prepare some white sauce, season with pepper and salt and add the parsley. Add the eggs to this sauce and stir over the fire until warmed through. Pour into the centre of a dish and serve garnished with sprigs of parsley and croûtons of fried bread.

200. COTELETTES D'ŒUFS—*Egg Cutlets.*

Hard-boiled eggs,
Thick white sauce (No. 2),
Bread crumbs,
Pepper and salt,
Flour
Parsley,
Tomato sauce (No. 22).

Shell the eggs and chop them very small. Prepare the white sauce and while still hot add the chopped eggs and an equal amount of bread crumbs. Season with pepper and salt; stir over the fire until thoroughly mixed, then turn on to a flat dish to cool. When it begins to set, shape it into cutlets, coat with flour, dip each into a

beaten egg and cover with bread crumbs. Fry until brown in boiling fat. Place on paper to drain. Arrange the cutlets in a pile on a dish with sprigs of parsley.

Serve with tomato sauce.

201. ŒUFS AU FROMAGE—

Eggs and Cheese Sauce.

Hard-boiled eggs,
White sauce (No. 2),
Grated cheese,
Pepper and salt.

Shell the eggs, cut them in quarters and lay in a baking-dish. Prepare the white sauce and while hot stir in two ounces of grated cheese, pepper and salt. Pour this sauce over the eggs in the dish; sprinkle the surface with more grated cheese and bake in the oven until the top is well browned.

202. ŒUFS FARCIS AU FROMAGE—

Egg and Cheese Savoury.

3 hard-boiled eggs,
4 tablespoonfuls of grated cheese,
3 tablespoonfuls of bread crumbs,
Pepper, salt and nutmeg,
White sauce (No. 2),
Butter.

Remove the shells and cut the eggs in two

lengthwise, scoop out the yolks and put them in a basin; mash them until smooth with a spoon. Add the cheese, bread crumbs, pepper, salt and nutmeg and stir in enough white sauce to make the mixture bind. Fill each egg white with some of the mixture and mould it to the shape of an egg; sprinkle a few bread crumbs over each and arrange all in a greased pie dish. Pour some white sauce round the eggs, place a piece of butter on each and brown in the oven.

203. ŒUFS A LA MAYONNAISE—

Eggs in Mayonnaise.

Hard-boiled eggs,
Stiff mayonnaise sauce (No. 14),
Gelatine,
Watercress.

Hard boil the eggs, drop them at once into cold water, then remove the shells and allow to cool. Take a cupful of stiff mayonnaise and beat into it a tablespoonful of dissolved gelatine, after it has cooled; continue beating until the mayonnaise begins to thicken, then coat the outsides of the eggs with it.

Lay some well-washed water-cress on a dish, place the eggs on it and serve with mayonnaise.

204. ŒUFS A L'ARDENNAISE—

Eggs a l'Ardennaise.

4 eggs,
Pepper and salt,
Mixed herbs,
3 tablespoonfuls of cream.

Break each egg separately, putting all the whites together in a basin and placing each yolk in a separate cup. Beat the whites to a stiff froth and season with pepper, salt, and very slightly with mixed herbs. Heap into a fire-proof baking-dish and over it pour gently the cream. Drop the yolks, unbroken and one at a time on the froth, placing each a little apart from the others. Bake for a few minutes in a moderate oven until the yolks are set. The whites should not be allowed to brown, but it is usually impossible to prevent it being a little tinged at the top. Serve immediately in the baking-dish.

205. ŒUFS A LA BONNE FEMME—

Eggs à la Bonne Femme.

2 onions,
3 oz. butter,
1 tablespoonful of vinegar,
New-laid eggs,
Pepper and salt,
Bread crumbs.

Slice the onions very thinly and fry until brown in two ounces of butter; then add the vinegar and

cook for three minutes. Well butter an earthenware baking dish, place the fried onions and vinegar in it. Break the eggs separately, one for each person, and put them, one at a time, over the onions; sprinkle with pepper and salt, add a thin layer of bread crumbs and bake in a hot oven until the eggs are set.

206. ŒUFS MOLLETS A LA PROVENÇALE—

Eggs and Savoury Sauce.

New-laid eggs,
Bread crumbs,
1 teaspoonful of chopped onions,
1 dessertspoonful of chopped parsley,
A little chopped mint,
1 tablespoonful of lemon juice,
1 oz. butter,
1 dessertspoonful of flour,
Water,
Pepper and salt,

Prepare the sauce first. Put the onions, parsley, mint, lemon juice, butter, flour and half a cupful of water into a saucepan and simmer for fifteen minutes, stirring frequently, and, if it becomes too thick add just a little water; strain and season with pepper and salt.

Put the eggs—in their shells—into a pan of boiling water and boil for four minutes. Remove

them immediately and drop them into cold water; leave them in it for one minute then take them out and remove the shells, taking care to keep the eggs unbroken.

Put the eggs into a dish, pour the sauce over them, sprinkle with bread crumbs and heat well in an oven.

207. ŒUFS EN COCOTTES—

Eggs Baked with Cheese.

New-laid eggs,
1 small onion,
2 oz. butter,
1 oz. bread crumbs,
1 tablespoonful parmesan cheese,
Parsley,
Pepper and salt.

Chop the onion, fry it in butter until it browns, add the bread crumbs, a little grated cheese, some finely chopped parsley, season with pepper and salt and fry for two or three minutes more.

Well butter some little china soufflé dishes, place some of the fried ingredients in each, break one egg into each, sprinkle with pepper and salt and cover with a layer of grated cheese. Bake in a moderate oven long enough for the eggs to set.

Serve at once with chopped parsley sprinkled over.

208. ŒUFS COCOTTES AU JAMBON—

Eggs and Ham.

1 egg for each person,
Some chopped ham,
Grated cheese,
Pepper and salt,
White sauce (No. 2).

Use one china ramekin or soufflé case for each person, butter them well and place a layer of chopped ham in each. Break the eggs carefully and put one in each case, above the ham. Flavour the white sauce well with grated cheese, pepper and salt, and pour one tablespoonful over each egg. Pour some water, half an inch deep, into a large flat baking-tin, stand the little cases in this and bake in a moderate oven until the tops are browned.

209. ŒUFS COCOTTES AUX TOMATES

Eggs and Tomato Savoury.

1 egg for each person,
 $\frac{1}{2}$ oz. butter for each person,
Tomato sauce (No. 22),
Pepper.

Put a small piece of butter in a china ramekin case and warm it until the butter melts; add a dessertspoonful of tomato sauce; break an egg carefully and pour it on the sauce; sprinkle with pepper and cover with more tomato sauce; add another small piece of butter and bake until set—about eight minutes.

210. ŒUFS BROUILLES—*Scrambled Eggs.*

New-laid eggs,
Toast,
2 oz. butter,
3 tablespoonfuls of milk,
Pepper and salt.

Beat together two or three eggs, lightly. Melt the butter in a saucepan, add the milk, stir and pour in the beaten eggs, to which have been added a little pepper and salt. Stir over gentle heat until the eggs have set and become thick. Trim the toast to tidy shapes, spread with butter and pour some of the scrambled egg over each.

211. POMMES DE TERRE AUX ŒUFS—

Eggs with Creamed Potatoes.

Cold boiled potatoes,
Eggs,
Grated cheese,
Butter,
Milk,
Pepper and salt.

Put the potatoes through a masher or sieve; melt a little butter in a saucepan, add the potatoes, stir in a little milk and mix well until it becomes creamy; add more milk if necessary; season with pepper and salt.

Butter a fire-proof baking-dish, cover with a layer of creamed potatoes and make as many

depressions in the surface of the potatoes as there are eggs; break the eggs, one at a time, and pour one into each depression. Cover with a layer of grated cheese and bake in a moderate oven until the eggs are set.

OMELETTES

(Omelets)

Frying pans, when used repeatedly, have a habit of rising in the centre. Never use one in this state when making omelettes.

Keep a small frying pan specially for omelettes and never use it for any other purpose.

Do not clean an omelette pan with water. Immediately after use it should be wiped out, while still warm, with a piece of paper. Before using, wipe it out again.

Do not try to make a large omelette unless you are expert at the process. Four eggs make one of fair size; if a larger one is needed, it is advisable to make two small ones instead.

Chopped vegetables, meat, shredded fish and fruit may be used to add substance to these dishes. Small minced ingredients may be mixed with the beaten eggs and poured into the pan at the

same time. But vegetables such as tomatoes, sliced potatoes or cold macaroni should be first heated in melted butter and then spread on the omelette as it is cooking. The sides of the omelette are folded over these ingredients to enclose them.

212. OMELETTE—*Simple French Omelet.*

2 or 3 eggs,
2 tablespoonfuls of milk,
1 teaspoonful of finely chopped parsley,
Salt and pepper,
1 oz. butter.

Break the eggs, one at a time, into a basin and beat them gently until the yolks and whites are well mixed. Add the milk, parsley and seasoning. Melt the butter in a small frying pan and when it has covered the bottom of the pan and begins to sizzle, pour in the egg mixture. As soon as the egg begins to set at the sides of the pan, ease it away from the sides with a slice or long knife; tip up the pan from one side to the other to allow the uncooked mixture in the centre to run over to the sides; move the omelette about in the pan to prevent it sticking at the centre; when it all seems set, fold over the sides towards the centre, turn on to a hot dish and serve at once.

213. OMELETTE AUX POMMES—

Apple Omelet.

Large cooking apples,
3 oz. butter,
Castor sugar,
4 eggs.

Peel, core and cut up the apples and fry them in two ounces of butter until they become slightly brown, sprinkle with sugar and allow to cool.

Beat the eggs well, add a tablespoonful of sugar, and mix in the cooked apples. Fry in butter as an ordinary omelette, roll up and serve very hot, dredged with castor sugar.

214. OMELETTE AUX CROUTONS—

Bread Omelet.

Bread,
Butter,
Gravy,
Pepper and salt,
3 or 4 eggs.

Cut a slice of bread a quarter of an inch thick, trim off the crusts and cut the bread into small cubes. Fry these in a little butter, until they become golden brown. Put some gravy into a stew-pan, add the croûtons and simmer until all the gravy has been absorbed by the bread; add pepper and salt and mash the croûtons with a fork. Beat the eggs into the mashed bread,

one at a time; melt some butter in an omelette-pan, pour in the egg and bread mixture, and fry as an ordinary plain omelette.

215. OMELETTE AU FROMAGE—

Cheese Omelette.

3 oz. grated Parmesan cheese,
4 eggs,
Salt and pepper,
Butter.

Beat the eggs well, add the grated cheese and season lightly with pepper and salt. Melt about two ounces of butter in an omelette-pan and when it sizzles pour in the egg mixture.

216. OMELETTE AU POISSON—

Fish Omelette.

3 eggs,
1 tablespoonful of milk,
2 oz. cooked fish,
1 oz. butter,
1 teaspoonful of chopped parsley,
Pepper and salt,
1 lemon.

Separate the egg yolks from the whites. Beat the yolks, stir in the milk, pepper and salt; shred the fish and add it to the yolks. Beat the whites stiffly and fold them in last.

Melt the butter in an omelette pan, pour in the

egg mixture, stir it round once or twice over the fire and fry it gently until it sets and is browned underneath; fold the sides towards the centre and serve immediately garnished with slices of lemon and sprinkled with chopped parsley.

217. OMELETTE AUX CHAMPIGNONS—

Mushroom Omelette.

Mushrooms,
Pepper and salt,
Butter,
Milk,
2 or 3 eggs.

Fry some mushrooms in a little butter, season with pepper and salt. Beat the eggs, add a little milk and pour into an omelette-pan in which some butter is heating. When the egg mixture begins to set, place the fried mushrooms in the centre and fold the sides of the omelette over to form a roll.

218. OMELETTE AUX TOMATES—

Tomato Omelette.

Small fresh tomatoes,
A little butter,
Pepper and salt,
Omelette mixture.

Dip the tomatoes in boiling water for one minute, remove the skins and fry till tender in a little

butter with pepper and salt added. When done, drain off the butter, cut the tomatoes into small pieces and fold in the centre of some omelette mixture just as it begins to set.

PATES ALIMENTAIRES

(*Macaroni, Spaghetti, etc.*)

There are many varieties of Italian Pastes which are known collectively in England as *macaroni*. The kind commonly sold is the thick, hollow, worm-like variety. Another form is *spaghetti*, which is much thinner; there is also *vermicelli*, which is merely a thread of paste and is most frequently used in soups.

The small fancy shapes, *coquilles* and *nouilles*, which may be purchased at Italian shops in Soho, are to be recommended for savouries; these do not require more than eight or ten minutes preliminary boiling, and the butter in their composition gives them a more delicate flavour than that of the ordinary English varieties of macaroni and spaghetti.

Ravioli is macaroni in still another guise; it consists of two squares or two rounds of paste, placed one above the other, like a sandwich, and a filling of forcemeat, minced veal, etc., between

them. Ravioli requires only eight or ten minutes boiling in salted water.

Macaroni and spaghetti must be boiled for twenty minutes at least, in salted water; when it has become quite tender, the water must be drained off, some butter is added to the cooked macaroni, and it is then stirred well over the fire. This prevents the separate pieces of macaroni from sticking together in a solid mass. The liquid which is strained off may be reserved as a foundation for white soups and sauces. Pipe macaroni should be cut into short lengths of about one inch each before boiling.

219. COQUILLES OU NOUILLES A
L'ITALIENNE—*Macaroni with Tomatoes.*

Macaroni,
 $\frac{1}{2}$ lb. tomatoes,
1 oz. butter,
Pepper and salt,
Bread crumbs,
Grated cheese.

Boil the macaroni until tender with salt and water; drain well. The small fancy Italian variety is best for this dish, but the large kind will do if it is boiled sufficiently first.

Fry the tomatoes in butter until soft, then press them through a sieve. To the tomato purée add enough pepper and salt to season well.

Place the cooked macaroni in a baking-dish; over it pour the tomato purée.

Cover the surface with a layer of bread crumbs and then with grated cheese. Drop some small dabs of butter on top and bake until the surface is browned.

220. NOUILLES AU JUS—*Macaroni and Gravy.*

Macaroni,
Pepper and salt,
Brown sauce (No. 1),
 $\frac{1}{2}$ oz. butter,
Bread crumbs.

Boil the macaroni, drain well, stir in the butter, season well with pepper and salt and turn into a baking-dish. Pour a thick brown sauce or gravy over the macaroni, cover with bread crumbs and bake.

221. MACARONI A L'ALSACIENNE—

Macaroni Mince.

Boiled macaroni,
Chopped ham,
1 gill of stock,
Pepper and salt,
Croûtons of fried bread.

Cut the ham very small, or put it through a mincer. Take an equal quantity of meat and macaroni and heat together with the stock; stir all the time and season with pepper and salt. Turn into a hot dish and serve with fried croûtons.

222. NOUILLES AU GRATIN—

Macaroni Cheese.

$\frac{1}{4}$ lb. macaroni,
2 oz. butter,
Pepper and salt,
6 tablespoonfuls of grated cheese,
Milk,
Bread crumbs.

Use the small Italian macaroni for preference; if, however, only the large thick kind is available, break it up very small, put it into a milk saucepan with enough water to cover, and boil until tender. Strain off the water. Add the butter, pepper and salt, stir in the grated cheese, moisten well with milk and turn into a baking-dish. Sprinkle with more grated cheese, then with bread crumbs. Add a few small dabs of butter and bake in a hot oven until brown.

223. MACARONI EN TIMBALE—

Timbale of Macaroni.

1 cupful of macaroni,
1 cupful of mushrooms,
2 oz. butter,
3 tablespoonfuls of chopped ham,
Pepper and salt,
1 onion,
Plain short pastry,
White sauce (No. 2),
Grated cheese.

Break up the macaroni very small if the large kind is being used and boil it in salted water until quite tender; drain off the water.

Peel the mushrooms and fry them in the butter. Mix the macaroni and mushrooms, ham, salt and pepper. Add one small onion, grated.

Well grease a round soufflé dish or a large cake tin; line the bottom and sides with pastry. Fill this with the macaroni mixture, cover with a lid of pastry in which several holes have been pierced, and bake in a hot oven. When the top has become well browned, allow it to cool a little, then turn out on to a hot dish.

Serve with white sauce which has been flavoured with grated cheese and pepper.

ENTREMETS AU FROMAGE

(Cheese Dishes)

224. GONOQUIS—*Cheese Dumplings.*

1 teacupful of milk,
4 oz. flour,
2 eggs,
Salt and pepper,
3 cupfuls of grated cheese,
White sauce (No. 2).

Boil the milk, mix the flour with a little cold milk and stir it into the boiling milk; continue cooking and stirring until the mixture becomes very

thick. Draw it away from the fire, stir into it the yolk of an egg, and when it has been well mixed, add another egg yolk; mix well and add salt, pepper and two cupfuls of cheese. Form this paste into little balls and drop them into a pan of boiling salted water. Cook until they rise to the top of the water, then remove them with a slice, drain and place on a large hot dish. Cover them with thick white sauce and sprinkle grated cheese over; brown the tops under a griller.

225. BEIGNETS AU PARMESAN—

Semolina and Cheese Rissoles.

$\frac{1}{2}$ pint of milk,
5 tablespoonfuls of semolina,
1 tablespoonful of flour,
3 tablespoonfuls of chopped ham,
Salt and pepper,
Grated cheese,
Bread crumbs,
Parsley,
1 egg.

Boil the milk, add the semolina and cook until quite thick, stirring all the time. Mix the flour with a little water and add to the semolina; add the ham, pepper, salt, and stir all over the fire for five minutes until it becomes very thick. Butter a dish and turn the mixture on it to cool; spread it smoothly, about one inch thick. When

cool and quite firm, cut it into rounds with a pastry cutter.

These must be fried in a basket in deep fat. Beat one egg, mix it with a little milk and stand on one side until required. Prepare some grated cheese and browned bread crumbs.

Coat the semolina cakes with the beaten egg, roll in grated cheese, coat again with egg and roll in bread crumbs. Then fry them in boiling fat until well browned. Drain and serve at once with springs of parsley as garnish.

226. FROMAGE FONDU AUX ANCHOIS—

Cheese Canapés.

Bread,
2 tablespoonfuls of butter,
Anchovies,
Grated cheese,
Pepper.

Slice the bread a quarter of an inch thick and trim it into rounds about two inches across.

Melt the butter in a pan and in it fry the bread to a golden brown. Stand on a rack to drain off the superfluous butter, then cover each croûton with some finely chopped anchovies. Cover this thickly with grated cheese and bake in a hot oven until the cheese melts. Sprinkle each with pepper and serve at once.

227. SOUFFLE AU FROMAGE—

Cheese Soufflés.

2 oz. butter,
1 oz. flour,
1 gill of milk,
 $\frac{1}{4}$ lb. grated Parmesan cheese,
3 eggs,
Pepper and salt.

Melt the butter in a small pan, stir in the flour and add the milk gradually, stirring all the time until it thickens.

Draw the pan from the fire, mix in the cheese, add the yolks of two eggs separately and beat well; season with pepper and salt.

Beat the whites of three eggs stiffly and fold them into the mixture. Have ready buttered some paper or china ramekin cases, fill each with the mixture and bake in the oven until well brown—about a quarter of an hour. Sprinkle grated cheese over each before serving.

228. “RAREBIT” A LA FRANÇAISE—

French Rarebit.

Camembert cheese,
Toast,
Butter.

Prepare some toast, trim and butter it.

Cut the cheese across horizontally into three and place enough on the toast to cover it. Bake in a hot oven until the cheese has melted. Serve immediately.

229. FONDU AU FROMAGE—

Melted Cheese with Toast.

3 eggs,
Salt and pepper,
 $\frac{1}{2}$ teaspoonful of sugar,
3 oz. butter,
 $\frac{1}{4}$ tablespoonfuls of grated cheese,
Toast.

Break the eggs into a basin, add the salt, pepper and sugar, and beat well until the eggs are frothy. Then add the butter and cheese and pour all into a stew-pan and stir over gentle heat until the mixture becomes creamy and thickens. Serve at once on a hot dish with toast.

CHAPTER XI

MISCELLANEOUS DISHES OF OTHER COUNTRIES

230. EGGS AND VEGETABLES (Denmark).

Hard-boiled eggs,
Boiled potatoes,
Boiled peas or French haricots.

Allow one egg for each person. Shell them and cut in two. Lay them on a bed of hot peas or haricots; surround with a border of mashed potatoes.

231. VEGETABLE HASH (Denmark).

Small onions,
French haricots,
Spinach,
Carrots,
Cabbage,
Sauce hollandaise (No. 10).

Cook each vegetable separately. Arrange the onions, boiled until tender, in the centre of a large dish, surround them with a ring of sliced beans; cream the spinach, cut the carrots into dice, chop the cabbage, and arrange them in sections round the beans. Serve with sauce hollandaise.

232. NOODLES (Chinese).

1 egg,
Flour,
Salt.

Beat the egg well and mix with it enough flour to form a stiff paste. Add a little salt and knead well with the hands. Turn on to a floured board and roll out very thinly, then cover it and leave for half an hour.

Cut the paste into long narrow strips and when required boil in salted water.

Noodles are used in soups, like spaghetti.

233. RISOTTO (Italian).

2 onions,
3 oz. butter,
3 tablespoonfuls of rice,
 $\frac{1}{2}$ pint of stock,
Salt and pepper,
1 cupful of grated cheese.

Slice the onions and fry them in butter, taking care not to allow them to brown; add the rice and stir with the fried onions; cook until the butter has been soaked into the rice. Then add the stock and allow it to cook gently until the rice is soft and forms a thick paste; add more stock if necessary.

When thoroughly cooked, season well with salt and pepper and stir in grated cheese.

234. KOUFTAS (Indian).

Cold chicken,
Spice,
Pepper and salt,
1 egg yolk,
2 oz. butter.

Remove the bones and chop or mince the chicken very small; mix with it a good seasoning of spice, pepper and salt; add the yolk of one egg to bind it and mix well.

Form into balls or little round cakes and fry in butter until brown.

235. POTATO SCALLOPS (Canadian).

1 onion,
1 oz. butter,
1 lb. potatoes,
Pepper and salt,
Bread crumbs,
1 teacupful of milk.

Slice the onion and fry until brown in butter. Grease a fire-proof baking-dish and in it lay the onion. Peel the potatoes, slice them thinly and place a thin layer over the onions, sprinkle with pepper and salt and add a few dabs of butter. Add more layers of potatoes and sprinkle each with pepper and salt. Cover the last with bread crumbs and lastly add a teacupful of milk. Bake in the oven for about an hour.

236. A NORWEGIAN SAVOURY.

Smoked salmon,
Cucumber,
Bread.

Cut the bread into half-inch thick slices and fry it to a golden brown; trim the edges. Cover with thin slices of cucumber and on this place a layer of flaked smoked salmon.

237. CURRIED VEAL COLLOPS (Indian).

Between 1 lb. and 2 lb. of fillet of veal,
1 egg,
Brown bread crumbs,
Curry powder,
Butter,
Brown Sauce (No. 1),
Curry powder,
1 lemon.

Cut the fillet into strips about two or three inches wide; beat up an egg and dip the pieces of veal into it. Mix together some bread crumbs with curry powder and coat the meat thickly with the mixture. Fry in butter until well browned—from fifteen to twenty minutes.

Prepare some brown foundation sauce, add the juice of a lemon and a quarter of a teaspoonful of curry powder. Stir over the fire for a few minutes and pour over the veal when it is ready to be served.

238. **RUSSIAN STEAK.**

1 lb. fillet steak,
Pepper and salt,
Half a lemon,
1 egg,
Flour,
3 oz. butter,
3 tomatoes,
1 onion.

Mince the meat while it is raw, add pepper and salt and the juice of half a lemon. Moisten with a beaten egg; mould into flat rounds and roll in flour. Melt the butter in a small frying pan and fry the meat rounds on both sides, also the tomatoes, cut in two, and the onion, sliced. As soon as the meat cakes begin to brown, remove them and the vegetables from the pan to a baking-dish, add a little butter and bake in the oven for twenty minutes. Add a little flour to the butter in the frying pan and stir over the fire until it thickens. Place the meat cakes on a hot dish, mix the thickened sauce with the onion and tomatoes and pour it over the cakes. Serve garnished with slices of lemon.

239. **WAFFLES (American).**

4 eggs,
3 teacupfuls of flour,
2 teaspoonfuls of baking powder,
Salt,
2 teacupfuls of milk,
3 oz. butter.

Separate the whites of the eggs from the yolks, put the yolks in a basin and beat well. Sift the flour, baking powder and salt, and add gradually a little milk and the sifted flour to the beaten yolks. Melt the butter and add it to the rest. Beat the egg whites to a stiff froth and fold it into the mixture.

Heat a waffle iron thoroughly before using, butter it well, pour four tablespoonfuls of the batter on the iron and bake for two or three minutes. As soon as a waffle is cooked to a good brown it must be served at once on a hot plate with butter.

240. INDIAN PANCAKE.

$\frac{1}{2}$ teacupful of rice,
1 pint of milk,
3 eggs,
 $\frac{1}{4}$ lb. castor sugar,
Ground cinnamon,
Butter for frying,
Preserved ginger.

Boil the rice in the milk until tender, then mash it and mix with the yolks of three eggs, the sugar and cinnamon. Stir well and form into a flat shape. Melt some butter in a frying pan and in it fry the pancake until it is browned on the under-side. Turn on to a hot dish and garnish with sliced preserved ginger.

241. LAMB (Turkish).

Shoulder of lamb,
Liver,
Boiled rice,
1 onion,
Pepper and salt,
Butter.

Remove the bone from a shoulder of lamb.

Chop the onion and about a quarter of a pound of liver, season with pepper and salt and mix with one teacupful of boiled rice.

Stuff the boned shoulder with this mixture, roll it up and tie securely to keep in the stuffing.

Roast it in an oven and baste frequently with melted butter.

242. DAHL (Indian).

$\frac{1}{4}$ lb. lentils,
 $\frac{1}{4}$ lb. rice,
Onions,
2 oz. butter,
Spice,
Garlic,
Cloves,
Cardamom seeds,
Pepper and salt,
Lemons.

Soak the lentils in water for twelve hours; then boil them for two hours with an onion and a little salt, in water.

Boil the rice until tender.

Chop another onion very finely and fry it in butter with some minced garlic. Put half a teaspoonful of spice, two cloves, and four crushed cardamom seeds in a muslin bag and add it to the lentils, from which the water has been drained; stir this with the fried onion and cook slowly for ten minutes.

Remove the bag of spices, season with pepper and pile on a hot dish. Surround with a border of boiled rice and garnish with slices of lemon.

243. POMMES AU LARD (Belgian).

1 lb. bacon,
1 lb. potatoes (peeled),
Pepper,
1 lb. cooking apples,
Sugar,
Bread.

Cut the bacon and potatoes into dice; fry the bacon slowly until the fat is freed, then add the potatoes and cook gently until the potatoes are done through, then increase the heat for them to brown. Sprinkle with pepper and turn on to a hot dish; keep hot in the oven until the other ingredients are ready.

Peel, core and slice the apples thinly; fry them in the pan containing the remains of the bacon

fat; if necessary, add a little more butter. Stir the apples over the fire until they become soft and browned. Add sugar to taste.

Surround the bacon and potatoes with hot croûtons of fried bread on which the fried apple has been arranged in little heaps.

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